

Barnsley







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Our clinics



Barnsley Sexual Health Services

Spectrum Sexual Health, Unit 1, Gateway Plaza,
Sackville Street, Barnsley, S70 2RD

0800 055 6442

Opening hours

Monday	8.15am – 7.30pm
Tuesday	8.15am – 7.30pm
Wednesday	3.00pm – 8.00pm
Thursday	8.15am – 7.30pm









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What to expect

Our sexual health clinics are a safe and confidential space, where you can find help, advice, guidance, testing and treatment on all sexual health matters.

We want to make your visit as easy as possible. We understand that attending one of our clinics can feel daunting, and we will help you not to feel uncomfortable.



- What happens when I arrive?
+
- What happens when it is time for my appointment?
+
- Will I need to be examined?
+
- When can I expect my results?
+
- What support is available to parents?
+

Our C-Card scheme provides free condoms for people aged 16-25

[Find out more](#)





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Condoms and C-Cards

If you are under 25, you can get FREE condoms through Spectrum's C-Card scheme.

External (male) and internal (female) condoms are barrier methods of contraception. External condoms are available through the C-Card scheme. They stop sperm meeting an egg and are the only methods of contraception that can help protect you from most STIs.



**Register for FREE condoms
in Wakefield**



**Register for FREE condoms
in Barnsley**



**Read more about choosing
your contraception**

C-Card

If you 16-25 and live in the Wakefield and Barnsley areas, you can get free condoms through Spectrum's C-Card scheme.

Is C-Card sign up and collection confidential?

The C-Card scheme is fully confidential, which means we won't tell anyone about your visit and any records or information shared will be kept private. Only trained staff from outlets where you decide to use your card will be able to access your information.

If you're between 13-15 years old, you must contact one of our hubs to discuss the C-Card first

However, to help us understand your needs and make sure we are meeting them, we do need to collect some information about you. This information will not be shared unless you share something that puts you or somebody else at risk of harm. If this were the case, we would always talk to you first before taking any action.



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Contraceptive patch

Diaphragm

Female condoms

Implant

Injection

Cu-IUD (Coil)

LNG-IUD (Hormonal Coil)

Natural family planning

Progestogen only Pill (POP)

Vaginal ring

Phone: 0800 055 6442

E-mail: Barnsley.SH@spectrum-cic.nhs.uk

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Sexual Health Services
4 Doncaster



01302272165

English



Your Sexual Health Service 4 Doncaster

Your one-stop, integrated sexual health and contraception service for all adults living in Doncaster. We provide advice, information, testing and treatment for sexual health concerns as well as contraception and psychosexual services.

“We strive to provide the best possible care, and we ask all our callers to be polite. Any abusive or disrespectful language will lead to the call being terminated.”

Lunchtime

Please note due to staffing that Reception will be closed each lunchtime from 1pm to 2pm.

Patient Results Notifications

The service will notify patients of their results as follows:

Negative results – 10 working days after testing patient will receive a text message confirming ALL results are negative

Positive results – Patients will be contacted directly by a clinician to discuss results, treatments and further steps.

Reception cannot give any result information over the phone.

YOU'RE NOT ALONE – LET'S TALK,
SHARE & SUPPORT



JOIN OUR GROUP SUPPORT MEETING

For people living with HIV in Doncaster



Monday 24th November 2025



4:00 PM – 6:00 PM



3 High Fishergate, Doncaster, DN1 1QZ

A safe, welcoming space to connect, share experiences, and find strength together.

✉ Contact Grace: peersupportdoncaster@mesmac.co.uk

☎ 07551 159564

Together, we're stronger. ❤️



How can we help

I'M WORRIED ABOUT STIS

I NEED INFORMATION ABOUT HIV

I NEED ADVICE ABOUT CONTRACEPTION

I'M WORRIED ABOUT PREGNANCY

I HAVE BEEN SEXUALLY ASSAULTED

I'M UNDER 19 – WHAT DO I NEED TO KNOW?



Welcome to Your Sexual Health Service

We're here to help!

Contraception



Our team of experienced clinicians are here to support you with making decisions around the best method of contraception for you. It is important that you use a method of contraception if you do not wish to become pregnant. If you want to learn more about contraception, please talk with a member of the team.

There are many types of contraception available, and none are perfect. The Contraception Choices website provides honest information to help weigh up the pros and cons. Please find more information at their website here: [Contraception Choices](#)

We have partnered with local GP practices to provide contraceptive services across Doncaster. Your GP will be able to start, change or continue you on some of the more common types of contraceptive methods including various types of pill and injectable contraception. Many will be able to provide coils and implants within the practice.

Weight Loss Injection "skinny Jabs" and Contraception

Weight Loss Injections "skinny Jabs" can affect your contraception, LET THE NURSE KNOW if you are using these injections.

A list of GPs who can provide Fit and Forget Contraception including Implants and Coils can be found here:

- ♥ **Mexborough Health Centre**, Adwick Road, S64 0BY – **01709 590590**
- ♥ **The Edlington Practice**, The Martinwells Centre, Thompson Avenue, Edlington, DN12 1JD – **01709 915760**
- ♥ The Nayar Practice, The Martinwells Centre, Thompson Avenue, Edlington, DN12 1JD – **01709 915780**
- ♥ The Oakwood Surgery, Masham Road, Cantley, DN4 6BU – **01302 537611**
- ♥ Thorne Moor Medical Practice, The Vermuyden Centre, Fieldside, DN8 4BQ – **01405 631271**
- ♥ Thorne Moor Medical Practice, The Orchard Centre – **01405 631271**
- ♥ Don Valley Healthcare Bentley Surgery, 128 Hugh Street, Bentley, Doncaster, DN5 0AT – **01302 874551**
- ♥ ASA Medical Group, Mere Lane, Armthorpe, DN3 2DB **01302 986100**
- ♥ Hatfield Health Centre, Ash Hill Road, Hatfield, DN7 6JH **01302 897600**
- ♥ Kingthorne Group Practice, Thorne Road, Doncaster DN1 2EU **01302 342832**
- ♥ Lakeside Practice, Spa Pool Road, Askerne DN6 0HZ **01302 700212**
- ♥ Mount Group Practice, Thorne Road, Doncaster DN1 2JP **01302 361222**
- ♥ St John's Group Practice, Greenfield Lane, Doncaster DN4 0TH **01302 854521**
- ♥ **St Vincent Medical Centre**, 77 Thorne Road, DN1 2ET – **01302 361318**
- ♥ The Auckley Practice, 41 Ellers Lane, DN9 3HT – **01302 770327**
- ♥ The Burns Practice, 4 Albion Place, DN1 2EG – **01302 810888**
- ♥ The Burns Practice, Cantley Surgery, DN4 6NJ – **01302 810888**
- ♥ The Rossington Practice, Grange Lane, DN11 0LP – **01302 868421**
- ♥ The Scott Practice, Greenfield Lane, Balby, DN4 0TG – **01302 850546**
- ♥ Don Valley Healthcare, Amersall Road, Scawthorpe, Doncaster, DN5 9PQ – **01302 874551**
- ♥ Don Valley Healthcare, Newton Lane, Sprotbrough, Sprotbrough, Doncaster, DN5 8DA – **01302 874551**
- ♥ **Great North Medical Group**, Chestnut Avenue, Carcroft Doncaster, DN6 8AG – **01302 723510**
- ♥ The New Surgery, Adwick Road, Mexborough S64 0DB **01709 511800**
- ♥ Petersgate Medical Centre, Amersall Road, Scawthorpe DN5 9PQ **01302 390490**
- ♥ West End Clinic, West End Lane, Rossington, DN11 0PQ **01302 865865**
- ♥ Tickhill & Colliery Medical Practice, St Mary's Road, Tickhill DN11 9NA **01302 742503**

If your GP is unable to fit a coil or implant they may refer you to another local GP practice or to our clinic in central Doncaster.

You may also self-refer to our clinic team for coils and implants by calling reception on: **01302 272165** but please try your GP first.

Please note: Sexual Health Services 4 Doncaster are not commissioned to offer appointments to people who require a coil fit for non-contraceptive reasons. For example, if you need a coil fitting for heavy periods or HRT and you or your partner has had a sterilization/ vasectomy procedure in the past, we will be unable to provide this. Please contact your GP to arrange the fitting elsewhere.

Emergency contraceptive

Emergency contraception is commonly referred to as "The morning after pill" or "EHC." If you have had sex without using contraception, or think your contraception might have failed, you can use emergency contraception. You should access emergency contraception as soon as possible

Call the service on 01302 272165 for emergency contraception

If you need emergency contraception, it is available from most pharmacies, GP Practices and the Sexual Health Clinic.

We have partnered with these Community Pharmacies to provide Emergency Contraception free of charge:

- ♥ ASDA, Carcroft DN6 8DN
- ♥ Chestnut Pharmacy, Carcroft DN6 8AG
- ♥ Crest Pharmacy, Hexthorpe DN4 0AJ
- ♥ Doncaster Pharmacy, Intake DN2 6QP
- ♥ Greenwell Pharmacy, Sprotbrough DN5 7RF
- ♥ Holden's Chemist, Bentley DN5 0AP
- ♥ Hyde Park Pharmacy, Hyde Park DN1 2BJ
- ♥ McGills Pharmacy, Dunsville DN7 4BX
- ♥ MEXCARE Pharmacy, Mexborough S64 9AS
- ♥ Pickfords Pharmacy, Balby DN4 0TG
- ♥ Warmsworth Pharmacy, Warmsworth DN4 9LS
- ♥ Weldricks Pharmacy, Tickhill DN11 9HT
- ♥ Weldricks Pharmacy, Armthorpe DN3 3AG
- ♥ Weldricks Pharmacy, Barnburgh DN5 7EP
- ♥ Weldricks Pharmacy, Barnby Dunn DN3 1AX
- ♥ Weldricks Pharmacy, Bawtry DN10 6JE
- ♥ Weldricks Pharmacy, Wheatley DN2 4AD
- ♥ Weldricks Pharmacy, Cantley DN4 6ED
- ♥ Weldricks Pharmacy, Carcroft DN6 8DP
- ♥ Weldricks Pharmacy, Conisbrough DN12 3HR
- ♥ Weldricks Pharmacy, Denaby DN12 4AB
- ♥ Weldricks Pharmacy, Dunscoft DN7 4JS
- ♥ Weldricks Pharmacy, Town Centre DN1 1HZ
- ♥ Weldricks Pharmacy, Edenthorpe DN3 2JA
- ♥ Weldricks Pharmacy, Edlington DN12 1JD
- ♥ Weldricks Pharmacy, Harworth DN11 8JN
- ♥ Weldricks Pharmacy, Hatfield DN7 6JH
- ♥ Weldricks Pharmacy, Intake DN2 5JA
- ♥ Weldricks Pharmacy, Kirk Sandall DN3 1JR
- ♥ Weldricks Pharmacy, Moorends DN8 4SB
- ♥ Weldricks Pharmacy, Rossington DN11 0LW
- ♥ Weldricks Pharmacy, Scawthorpe DN5 9PH
- ♥ Weldricks Pharmacy, Skellow DN6 8JH
- ♥ Weldricks Pharmacy, Sprotbrough DN5 8BP
- ♥ Weldricks Pharmacy, Stainforth DN7 5AF
- ♥ Weldricks Pharmacy, Thorne DN8 5DE
- ♥ Weldricks Pharmacy, Wheatley Hills DN2 5AJ
- ♥ Weldricks Pharmacy, Woodlands DN6 7LX

Other Community Pharmacies will be able to provide EHC, but there will be a cost for the prescription.

EHC can be taken 72 hours (Levonelle) or 120 hours (ellaOne) after unprotected sex. If you have exceed this time period, please contact the clinic to discuss other options.

Emergency contraception should not be used as a regular method of contraception.

Sheffield



CONTRACEPTION
SERVICES

STI SCREENING
& TREATMENT

PrEP

YOUTH CLINIC

REQUEST A
SELF-TESTING
KIT

EMERGENCY
CONTRACEPTION

NEWS

Walk-in screening for STIs including chlamydia, gonorrhoea, HIV and syphilis is available Monday-Friday during routine clinic hours at our Hallamshire Hospital site. [Click here for further information.](#)



SERVICES Contraception Service

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[SHARE](#)



In This Section

GP CONTRACEPTION SERVICES

Contraception services are delivered by Primary Care Sheffield. They offer appointments for the fitting of coils and implants, or Depo injections, in community clinics. To access the right appointment for you, please contact: 0114 226 8888 to book a telephone triage appointment with a member of the clinical team.

Our phone lines are open between the following hours:

8.30am-7.00pm Monday to Thursday

8.30am-5.00pm Friday

Access to emergency contraception is not affected. Please call 0114 226 8888 to book a call back from an experienced clinical pharmacists. Alternatively, please click [here](#) for information on additional ways to obtain emergency contraception

Primary Care Sheffield provide contraception and pregnancy advice via your GP practice nurse or Specialist Hub – please telephone 0114 226 8888 for more information.

Specialist Hub Locations:

Burncross Surgery
1 Bevan Way, Chapeltown, Sheffield, S35 1RN

Central Health Clinic
1 Mulberry Street, Sheffield, S1 2PJ

Crystal Peaks Medical Centre
15 Peaks Mount, Crystal Peaks, Sheffield, S20 7HZ

Darnall Primary Care Centre
290 Main Road, Sheffield, S9 4QH

Fairlawns
621 Middlewood Road, Sheffield, S6 1TT

The Flowers Health Centre
87 Wincobank Avenue, Sheffield, S5 6AZ

Jordanthorpe Health Centre
1 Dyche Close, Jordanthorpe, Sheffield, S8 8DJ

Sloan Medical Centre
2 Little London Road, Sheffield, S8 0YH

White House Surgery
1 Fairfax Rise, Sheffield, S2 1SL

For further information about permanent methods of contraception (sterilisation/vasectomy) please visit our [info and advice page](#)

Downloads



Contraception Choices - Arabic Language

Contraception Choices - English Language

Contraception Choices - Farsi Language

Contraception Choices - French Language

Contraception Choices - Kurdish Sorani Language

Contraception Choices - Tigrinya Language

Contraception Choices - Vietnamese Language



SERVICES
MOBILE SEXUAL HEALTH SERVICE



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PREP

Useful Links



[NHS Contraception guide](#)

SERVICES
Youth Clinic

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 SHARE

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[SUPPORT FOR YOUNG PEOPLE IN SHEFFIELD](#)

The Youth Clinic is a walk-in service for anyone aged 18 and under. These clinics offer free and confidential access to information and advice on any sexual health issue as well as a full range of contraception, testing & treatment for sexually transmitted infections (STIs) and support for pregnancy options (including counselling and making arrangements for abortion or continuing pregnancy).

Opening Times

Mondays and Thursdays 2.00pm-6.00pm

Royal Hallamshire Hospital, Entrance 11a, B Road

No appointment needed, just call in during the above times, register at our reception desk, and wait to be seen.

Services Available at Sheffield Youth Clinics

- Information and advice about contraception choices
- Free contraception including emergency contraception (sometimes known as the 'morning after pill')
- Free condoms
- Free pregnancy testing and information/ support for pregnancy options (including counselling and making arrangements for abortion or continuing pregnancy)
- Information, advice and access to testing for sexually transmitted infections (STIs)
- Information, advice about HIV and access to HIV testing
- Information about safer sex and risk reduction
- Information on support networks for young people in Sheffield

If you require Emergency Contraception outside our clinic hours or at bank holidays please see information on approved pharmacies in Sheffield [here](#). Please note that approved pharmacies in the city cannot issue emergency contraception to patients under the age of 14, these patients are advised to contact their own GP or 111.

If someone you have had sex with lets you know that they have a sexually transmitted infection, watch this video produced by the British Association for Sexual Health & HIV, for more information on why it's important you get a sexual health check-up.

Someone I've had sex with has an STI - what now? 



Downloads

[Health Appointments For Young People](#)



SERVICES
YOUTH CLINIC



SERVICES
YOUTH CLINIC



SERVICES
YOUTH CLINIC

SEXUAL HEALTH SUPPORT

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WHERE TO GET HELP

ROTHERHAM SEXUAL HEALTH SERVICE

Provided by the Rotherham NHS Foundation Trust, this free service offers:

- STI screening and treatment
- Sexual health advice
- HIV care, PrEP and PEP
- Emergency contraception
- Free condoms
- Contraceptive pills, implants, injections and coils
- Vasectomies
- Free postal STI testing kits (for ages 16+)

The service works with:

Rotherham GPs

- Providing implants, IUDs and chlamydia screening.

Yorkshire MESMAC

- Outreach support and sexual health advice for diverse communities.
- [Visit MESMAC](#) 

Emergency contraception

- Find out where to access free Emergency contraception (EHC) from Pharmacies in Rotherham.
- [View the locations available](#) 

SH24 – Home Testing Kits

- Order free STI testing kits online.
- [Visit SH24](#) 

[Visit the Rotherham Sexual Health Service](#) 

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< [Why sexual health matters](#)

Sexual Health Services

Our sexual health service provides a range of contraceptive and sexual health services.

We are a friendly, non-judgmental, highly confidential and experienced team that hopes to inform, encourage and empower you in making the best decisions for your sexual health needs.

Services we offer

At our central clinic in Rotherham Hospital, we offer:

- Sexual health advice
- STI screening
- STI treatment
- PrEP, PEP and HIV care
- Emergency contraception
- Free condoms
- Other barrier methods
- Contraceptive pills
- Implants
- Depo injections
- Coils
- Vasectomy

Sexual Health

C level, junction 3
(opposite the Chapel)
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

01709 427777

Opening times

Monday to Thursday, 8.30am to
7.30pm

Friday, 9am to 5pm

Saturday, 10am to 2pm

Under 25s drop-in service

Rotherham residents only

Tuesday, 2pm to 6pm

Thursday, 2pm to 6pm

Outreach clinics

We offer outreach clinics at:

- Kimberworth Park Medical Centre - Tuesday and Friday, 9am to 12noon.
- Maltby Health Centre - Monday, 2.30pm to 5pm.

These clinics are by appointment only. Book by calling 01709 427777.

Other sexual health services available in Rotherham

[MESMAC Sexual Health](#), based on Mansfield Road, Rotherham, S60 2DR (for those 16 and over)

They offer sexual health advice, STI screening and free condoms.

- Monday (drop in): 3pm to 7pm
- Tuesday (drop in): 10am to 2pm
- Alternatively you can [book an appointment online](#)



**Emergency
contraception**



**Order a free home
testing kit**

Rotherham residents only.



**Sexually Transmitted
Infections (STIs)**



**HIV, PrEP, PEP and
vaccinations**



Contraception



When you visit

Patient information leaflets



Find us on Facebook

Visit the [Rotherham Sexual Health Services - all about contraception Facebook page](#) for helpful advice about all things contraception.

Follow us on



[Home](#) / [Our services](#) / [Sexual Health Services](#)

Contraception

[Condoms](#) are the only form of contraception that protect you from sexually transmitted infections! However, they are only around 80% effective at preventing pregnancy, so we recommend using them alongside another more reliable form of contraception.

Contraceptive pill - there are two main types of the contraceptive pill. The [combined pill](#) (commonly known as 'the pill') contains oestrogen and progesterone. The [progesterone-only pill](#) (commonly known as the 'mini pill') contains just progesterone.

[The patch](#) is similar to the 'pill' but instead of taking a pill every day, your body receives the hormones through the skin.

[The vaginal ring](#) works very similarly to the combined pill but the hormones are delivered into the bloodstream through the vaginal wall.

The coil - There are two types of coil: [Intrauterine device \(IUD\)](#) and [Intrauterine system \(IUS\)](#).

[The implant](#) is a very small flexible rod that sits under the skin and releases the hormone progesterone.

[The injection](#) is given every 13 weeks that contains progesterone.

[A vasectomy](#) involves cutting or sealing the tube that carries sperm from the testicles.

[Sexwise](#) is a great website full of useful information that can help you decide which method might be the best for you before your visit.

Follow us

Visit our [Facebook page](#) for helpful advice about all things contraception.

[Home](#) / [Our services](#) / [Sexual Health Services](#)

Emergency contraception

[Emergency contraception](#) works by preventing an egg from being fertilised by a sperm by delaying the release of the egg in the hope to prevent pregnancy.

Emergency contraception is most effective the sooner it is taken after unprotected sex or failure of your regular contraceptive method, such as missed pills or split condoms.

There are two main methods, the copper coil and the emergency pill of which there are two types, Ulipristal acetate and Levonorgestrel.

If you are under 25, you are entitled to [free emergency contraception](#).

Types of emergency contraception

Copper IUD

The copper IUD is 10 times more effective at preventing pregnancy than emergency pills. It is the most effective method of emergency contraception and will work even after you have most likely already ovulated, i.e. more than halfway through a regular cycle. It can be fitted up to 5 days after unprotected sex or 5 days after the earliest possible time of ovulation. The IUD is effective immediately and it can be kept in as a hormone free method of contraception for up to 10 years if you would like, or we can remove the coil after we know you are not pregnant.

Levonorgestrel (also known as Levonelle)

Levonelle needs to be taken within 72 hours (3 days) of unprotected sex and works by delaying the release of an egg. It only prevents pregnancy for that one episode of UPSI and you are not protected after this.

Ulipristal acetate (also known as ellaOne)

ellaOne has to be taken within 120 hours (5 days) of unprotected sex to prevent pregnancy. It stops or delays the release of an egg. If you are on the contraceptive, it will also stop this from working properly. You must wait 5 days before taking your pill again and then another 7 days before you can rely on your oral contraceptive so 12 days of condom use are required. After taking ellaOne, if you do not wait 5 days before restarting your contraceptive pill, you will be at risk of pregnancy.

Out of hours emergency contraception

If you aren't able to get to us within our opening hours please use the links below for a list of pharmacies that supply FREE emergency oral contraception for Rotherham residents. Please ring the pharmacy before you go, to make sure a trained member of staff is working. You will need to consult with a pharmacist before taking any emergency contraception.

Abbey Pharmacy Rotherham	19-21 Howard Street, Rotherham, S65 1JQ	01709 377421
Allied Pharmacy	Aston Customer Services Centre, Swallownest, S26 4WD	01709 254134
Allied Pharmacy	2 Church Street, Wath upon Dearne, Rotherham, S63 7QY	01709 873134
Allied Pharmacy Wath	37 High Street, Wath upon Dearne, Rotherham, S63 7QB	
Asda Store Rotherham	off Aldwarke Lane, Doncaster Road, Rotherham, S65 3SW	01709 850670
Doncaster Gate Pharmacy	Rotherham Health Village, S65 1DA	
Medwin Pharmacy	Unit 10A, Meadowbank Industrial Estate, S61 1EE	
Pickfords Brampton	65 Knollbeck Lane, Brampton, Rotherham, S73 0TW	01226 341281
Rex Pharmacy	64 High Street, Maltby, S66 8LA	
Silverwood Pharmacy	90 Flanderwell Lane, Sunnyside, Rotherham, S66 3TQ	01709 296500
SKF Lo Chemist	1 Fenton Road, S61 4RD	
SKF Lo Chemist	30A Highborn Road, S64 5UP	
Weldricks Pharmacy	27 Brinsworth Lane, Rotherham, S60 5BS	01709 378320
Weldricks Pharmacy Maltby	Leisure & Services Centre, Braithwell Road, Maltby, Rotherham, S66 8JE	01709 813344
Weldricks Pharmacy Maltby	94A High Street, Maltby, Rotherham, S66 7BN	01709 812429
Weldricks Pharmacy Swinton	1A Church Street, Swinton, Mexborough, S64 8QA	01709 582776
Wickersley Pharmacy	Mortham Road, S66 1EU	
York Road Healthcare Ltd	72-78 York Road, Eastwood, Rotherham, S65 1PW	01709 375304



BUY MEMBERSHIP

> FPA Medical Professional

> Membership – Fees

> Membership – Buy

> Booklets – Contraception

> Booklets – STIs

> Booklets – Abortion, Birth, Pregnancy, Menopause

> Sexwise Closed



Sorry, you've probably reached this page because you were looking for Sexwise.org.uk but sadly Sexwise has now closed.

FPA Tried to Rescue Sexwise

At the Family Planning Association we made 2 offers to run Sexwise for free.

The Department of Health and Social Care rejected both our offers.

REJECTED



Rotherham

You can get a sexual health screening, contraception advice, free condoms and period products, pregnancy testing and sexual health and wellbeing support by attending one of our drop ins or booking an appointment online at our Rotherham office.

Our drop in services:

Mondays 3pm – 7pm (last appointment 6:30pm)

Tuesdays 10am – 2pm

Tuesdays 2pm - 4pm (drop-in for women aged 16-24)

Alternatively, go to bookatestmesmac.co.uk to book an appointment.

Over the festive period, our office in Rotherham will be CLOSED from 25th December - 4th January. If you need sexual health support in this period, please contact the hospital on 01709 427777.

You can look after your sexual health by:

- **Always using a condom:** the only contraception to protect you from STIs. Free condoms can be posted to anyone living in the Rotherham area. Order your free condoms [here](#).
- **Making sure you have enough contraception:** Check your supply of pills/rings/patches. If you're running low, contact your GP or clinic as soon as possible to arrange more. If you need a new injection/implant/coil in the next few weeks, contact your GP or clinic for advice. You may be offered an alternative method such as the pill. Always use condoms if you run out of your normal method.
- **Don't delay emergency contraception** – you have up to 5 days after unprotected sex to get emergency contraception to prevent pregnancy. Sexual health pharmacies can offer it free without an appointment or prescription. Always call ahead to check the pharmacist is available.
- **Call the Rotherham Sexual Health Service if you have STI symptoms** – call 01709 427777 to speak to the team if you have unusual bleeding, burning, discharge or abdominal pain.

Print this page



Website Feedback

We're always looking to improve our website so if you have any feedback, comments or suggestions, [we'd love to hear from you](#).

