

Directory of Sexual Health Services In Ayrshire

This Directory has been developed to provide information on the availability of sexual health and reproductive health services to people in Ayrshire.

It aims to help health professionals and others to direct clients to services that will help them.

The Directory also includes sources of information and training.

CONTENTS



Overview



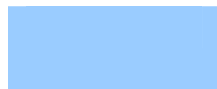
Services for Young People



Family Planning Services



Sexually Transmitted Infections & HIV



Where To Get A Smear Test. Help with Menopause & Pre-Menstrual Syndrome



Websites To Visit For Information and Advice



General

SOURCES OF SEXUAL HEALTH ADVICE AND SERVICES IN AYRSHIRE

Sexual health confidential advice and services on a one–one basis are available from

- GP's
- Midwives
- Health Visitors
- School nurses
- Pharmacists
- Other health professionals

Department of Sexual Health Ayrshire Central Hospital, Irvine

Our department offers specialist sexual health services, advice and information at various locations throughout Ayrshire.

- Family Planning & Reproductive Health Care
 - Genitourinary Medicine
 - Menopause Services
 - Young Persons Clinics*
 - Smear Clinic
- Telephone 01294 323226 or 323228 for advice and information
- We may not always have someone available to talk to you immediately but can arrange to call you back or suggest a suitable time to call.

**Clinics are available to male and female patients of any age.
* These Clinics are available for young people up to 21 years**

Appointments can be made by anyone who wishes to attend (no need to see a GP first). The service is free, friendly and confidential.

Who Works In The Sexual Health Department?

MEDICAL STAFF

- All Doctors working in the Department must hold a DFFP (see below) qualification as a minimum requirement
- The Diploma of the Faculty of Family Planning (DFFP) requires theoretical and practical training in Family Planning & Reproductive Health Care, and is maintained by regular updates
- Most Doctors in Sexual Health have additional training in coil insertion as well as Subdermal Implants (LOC, IUT, COC & SDI)

RECEPTION STAFF

- Reception staff welcome patients to clinics, make appointments and carry out clerical duties, such as preparing notes.

Biomedical Scientists

- These are Lab staff who work in the GUM clinics testing specimens for signs of infection

NURSING STAFF

- All Nursing Staff within the Sexual Health Service hold a Family Planning Certificate Some nursing staff have additional training in prescribing, & insertion and removal of subdermal implants and IUCDs
- All Nursing Staff are competent smear takers
- Nursing staff who work independently in Genito-urinary Medicine Clinics (GUM) have a certification in GUM

HEALTH ADVISORS

- Health Advisors offer information and support to everyone attending GUM Clinics. They also give out and explain the results of tests. Appointments can be made just to see the Health Advisor. The Health Advisor also coordinates partner notification when someone has an infection.

Training Available Within Department of Sexual Health

- Theoretical and practical training for the DFFP, LoC IUT and LoC SDI is available for Medical staff *
- Clinical sessions for nursing staff completing Sexual Health qualifications from Paisley & Caledonian Universities
- Health Professionals are welcome to attend Clinics to update their skills or gain experience in e.g. GUM as part of their personal learning plan
- Update meetings are held within the department about three times per year.
- Update days are held for Nursing staff who are not working in family planning
- Staff are available to speak to education meetings

Contact the department for information.

* Information on the DFFP and the letters of competence in Intrauterine devices and subdermal implants (LoC IUT , LoC SDI) is available from the Faculty of Family Planning www.ffprhc.org.uk

**CONFIDENTIAL OPEN ACCESS
SERVICES FOR YOUNG PEOPLE
UP TO 21 YEARS**

Confidential open access clinics for under 21's

Young Peoples Clinic – Irvine

Ballot Road Clinic
3 Ballot Road
IRVINE

How to Contact
Tel: 01294 323226

What's on offer
Contraceptive advice; Pregnancy testing;
Period problems; Advice on sexually
transmitted infections; Free condoms

When
Every Thursday 4 – 5.30pm

Who is it for
Male and female young people under 21
years

Young Men's Drop-In Clinic - Saltcoats

Three Towns Resource Centre
SALTCOATS

How to Contact
Drop-In

What's on offer
Advice on sexual matters & infections
Chlamydia testing; Free condoms

When
Every Tuesday 5 – 7pm

Who is it for
Male young people under 21 years

Young Peoples Clinic – Girvan

Letterbox
Townhouse
GIRVAN

How to Contact
Drop in

What's on offer
Contraceptive advice; Pregnancy testing;
Period problems; Advice on sexually
transmitted infections; Free condoms

When
Every Thursday 7 – 8.30pm

Who is it for
Male and female young people under 21
years

Young Peoples Clinic - Kilmarnock

Central Clinic
16 Old Irvine Road
KILMARNOCK

How to Contact
Tel: 01563 545700

What's on offer
Contraceptive advice; Pregnancy testing;
Period problems; Advice on sexually
transmitted infections; Free condoms

When
Every Tuesday 4 - 5.30pm

Who is it for
Male and female young people under 21
years

Young Peoples Clinic – Ardrossan		Young Peoples Clinic - Ayr
Ardrossan Health Centre Central Avenue ARDROSSAN		Miller Road Clinic 32 Miller Road Ayr
How to contact		How to contact
Tel: 01294 323226		Tel: 01294 323226
What's on offer		What's on offer
Contraceptive advice; Pregnancy testing; Period problems; Advice on sexually transmitted infections; Free condoms		Contraceptive advice; Pregnancy testing; Period problems; Advice on sexually transmitted infections; Free condoms
When		When
Every Thursday 3.45pm -5pm		Every Thursday 4.00pm-5.30pm
Who is it for		Who is it for
Male and female young people under 21 years		Male and female young people under 21 years

Young Peoples Clinic – Cumnock

YIP World

How to Contact

Web: www.YIPworld.com
Drop in

What's on offer

Contraceptive advice; Pregnancy testing;
Period problems; Advice on sexually
transmitted infections; Free condoms

When

Every Wednesday 7 – 9pm

Who is it for

Male and female young people under 21
years

Young People - Brook Advisory Centre Helpline

How to Contact

Tel: 0800 018 5023
Web: www.brook.org.uk

What's on offer

Information for under 25's – about
contraception STI's how to be safe and
your right to confidential treatment

When

Mon, Tues & Thurs 9 – 5pm
Wed & Fri 9 – 4pm

Who is it for

Information for under 25's

General Practitioners & Practice Nurses

At your local Health Centre – check for
times

What's on offer

GP's and Practice Nurses must respect
young peoples confidentiality including if
the young person is under 16

School Nurses

Linked to every school

What's on offer

Confidential advice on all health matters to
school pupils

Young People – FPA

Unit 10, Firhill Business Centre
76 Firhill Road
GLASGOW G20 7BA

How to Contact

Tel: 0141 576 5088 (helpline)
Fax: 0141 948 1172
Email: jackien@fpa.org.uk
Web: www.fpa.org.uk

What's on offer

Website of the Family Planning
Association

When

Mon – Thurs 9 – 5pm
Fri 9 – 4.30pm

Who is it for

Young People – Healthy Respect

Healthy Respect
148 Pleasance
EDINBURGH

How to Contact

Tel: 0131 536 9454
Web: www.healthy-respect.com

What's on offer

Developed by the national demonstration project and includes information for young people, parents and carers as well as professionals

When

Who is it for

Young people, parents and carers as well as professionals

Young People - Sexwise

How to Contact

Tel: 0800 28 29 30
Web: www.ruthinking.co.uk

What's on offer

Young person's helpline offering confidential advice on sex, relationships and contraception

When

Mon – Sun 7am – midnight

Who is it for

Anyone under 18

LGBT – Youth

John Cotton Centre
10 Sunnyside
EDINBURGH EH7 5RA

How to Contact

Tel: 0131 622 2266
Youthline: 0845 113 0005
Text: 07905 918515
Web: www.lgbtyouth.org.uk

What's on offer

LGBT Youth Scotland (formerly Stonewall Youth) providing services and opportunities for LGBT young people under 26

When

Youthline Tues 7.30 – 9pm

Who is it for

LGBT young people under 26

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FAMILY PLANNING CLINICS

FAMILY PLANNING CLINICS

Family Planning - Ardrossan

Ardrossan Health Centre, Central Avenue
ARDROSSAN

How to Contact
Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about
sexual matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When
Every Thursday 2 - 4pm

Who is it for
Self referral and GP referrals, appointment
system in operation

Family Planning – Ayrshire Central Hospital

General Outpatients
Kilwinning Road, IRVINE

How to Contact
Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about
sexual matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When
Tuesday 7 - 8.30pm

Who is it for
Self referral and GP referrals, appointment
system in operation

Family Planning – Beith

Beith Health Centre
BEITH

How to Contact
Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about sexual
matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When
1st Wednesday of each month 7 - 8.30pm

Who is it for
Self referral and GP referrals, appointment
system in operation

Family Planning – IRVINE

3 Ballot Road
IRVINE

How to Contact
Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about sexual
matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When
Every Thursday 7 - 8.30pm

Who is it for
Self referral and GP referrals, appointment
system in operation

Family Planning – Kilwinning

Fergushill Clinic, Fergushill Road
KILWINNING

How to Contact
Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about
sexual matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When
Every Wednesday 2 - 4pm

Who is it for
Self referral and GP referrals, appointment
system in operation

Family Planning – Miller Road

32 Miller Road
AYR

How to Contact
Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about
sexual matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When
Every Monday 7 - 8.30pm
Every Thursday 2 - 4pm

Who is it for
Self referral and GP referrals, appointment
system in operation

Family Planning - Largs

Brooksby Day Hospital
LARGS

How to Contact
Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about sexual
matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When
Tuesday of each month

Who is it for
Self referral and GP referrals, appointment
system in operation

Family Planning – North Ayr (Whitletts)

North Ayr Health Centre
Glenmuir Place, AYR

How to Contact
Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about sexual
matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When
Every Thursday 10 - 11.30am
Every Friday 9.30 – 12am

Who is it for
Self referral and GP referrals, appointment
system in operation

Family Planning - Cumnock

Cumnock Health Centre
CUMNOCK

How to Contact

Tel: 01294 323226

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about
sexual matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When

Every Wednesday 7 - 8.30pm

Who is it for

Self referral and GP referrals, appointment
system in operation

Family Planning – Kilmarnock

Central Clinic
Old Irvine Road
KILMARNOCK

How to Contact

Tel: 01563 545700

What's on offer

Contraception including free condoms;
Emergency contraception; Pregnancy
testing; Pre-pregnancy advice; Termination
of pregnancy counselling and referral;
Cervical smear testing; Advice about
sexual matters.

All methods of contraception are provided
which include: Implant counselling and
insertion; Mirena; POP; COC; Condoms;
Emergency contraception

When

Every Monday 2 – 3.30pm, 7 – 8.30pm
Wednesday 7 – 8.30pm
Every Friday 9 – 12am, 12 – 1.30pm (Drop
In)

General Practitioners & Practice Nurses

At your local Health Centre – check for
times

How to Contact

Phone numbers in phone book or call in

What's on offer

Advice on all methods of contraception.

Some practices do not provide Implants
and IUCDs but patients can attend Family
Planning Clinics.

**Family Planning &
Reproductive Health Care –
Glasgow & Clyde**

The Sandyford Initiative
6 Sandyford Place, Sauchiehall
Street
GLASGOW G3 7NB

Clinics held in Glasgow,
Inverclyde, Renfrewshire & East
Renfrewshire

How to Contact

Tel: 0141 211 8130
Fax: 0141 211 8139
Web: www.sandyford.org

What's on offer

Family Planning and GUM
Services
Counselling

When

Please telephone for opening
times and locations of clinics.

Who is it for

All ages, genders and sexualities
– please contact for info on drop-
in clinics and appointments

**Family Planning – Dumfries &
Galloway**

Nithbank
DUMFRIES DG1 2SD

How to Contact

Enquiries & Appts 0345 023 687
(9-4pm)
Fax: 01387 244593
Web: www.nhsdg.scot.nhs.uk
Look for sexual health under
“sitemap”

What's on offer

Family Planning and GUM
Services

When

Phone for opening times

Who is it for

Anyone, male or female young or
old, who wants advice and help
with family planning,

Family Planning – Lanarkshire

14 Beckford Street
HAMILTON ML3 0TA

How to Contact

Tel: 01698 281313
Fax: 01698 423134
Web: www.lanarkshiresexualhealth.org

What's on offer

Family Planning and GUM Services

When

Phone for opening times

Who is it for

Anyone, male or female young or old,
who wants advice and help with family
planning, contraception and protection
from sexually transmitted diseases

contraception and protection from
sexually transmitted diseases

Family planning – Renfrewshire

Russell Institute
30 Causeyside St
Paisley
PA1 1UR
How to Contact
Tel: 0141 8898701

What's on offer

Contraception including free condoms; Emergency contraception;
Pregnancy testing; Pre-pregnancy advice; Termination of pregnancy
counselling and referral; Cervical smear testing; Advice about sexual
matters.

All methods of contraception are provided which include: Implant
counselling and insertion; Mirena; POP; COC; Condoms; Emergency
contraception

Who is it for

Anyone, male or female young or old, who wants advice and help with family planning,
contraception and protection from sexually transmitted diseases

SEXUALLY TRANSMITTED INFECTIONS AND HIV

GENITOURINARY MEDICINE CLINICS (GUM) – SPECIALISE IN TREATING SEXUALLY TRANSMITTED INFECTIONS & RELATED PROBLEMS

GUM – Ayrshire Central Hospital

General Outpatient
Ayrshire Central Hospital
Kilwinning Road
IRVINE

How to Contact
Tel: 01294 323226

What's on offer
Screening and treatment of Sexually transmitted infections; HIV information and testing; Hepatitis B vaccination; Advice about safer sex; Emergency contraception; Partner notification

When
Every Monday 9.30 – 11.30am
Every Tuesday 2 – 3.30pm
Every Thursday 1.30 – 4pm

Who is it for
Self-referral and GP referrals, appointment system in operation.

GUM - Heathfield

Heathfield Clinic
Heathfield Road
AYR

How to Contact
Tel: 01292 616478

What's on offer
Screening and treatment of Sexually transmitted infections; HIV information and testing; Hepatitis B vaccination; Advice about safer sex; Emergency contraception; Partner notification

When
Every Wednesday 8.30 – 11am
Every Wednesday 2 – 4pm
Every Friday 9 – 12am

Who is it for
Self-referral and GP referrals, appointment system in operation.

GUM – Kilmarnock

Central Clinic
16 Old Irvine Road
KILMARNOCK

How to Contact
Tel: 01563 545700

What's on offer
Screening and treatment of Sexually transmitted infections; HIV information and testing; Hepatitis B vaccination; Advice about safer sex; Emergency contraception; Partner notification

When
Every Monday 9.30 – 11.30 and 6 – 8pm
Every Wednesday 6 – 8pm

Who is it for
Self-referral and GP referrals, appointment system in operation.

Glasgow & Clyde - Family Planning & Reproductive Health Care

The Sandyford Initiative
6 Sandyford Place, Sauchiehall Street
GLASGOW G3 7NB

How to Contact

Tel: 0141 211 8130
Fax: 0141 211 8139
Web: www.sandyford.org

What's on offer

Family Planning and GUM Services

When

Please telephone for opening times and locations of clinics.

Who is it for

All ages, genders and sexualities – please contact for info on drop-in clinics and appointments

Dumfries & Galloway – Sexual Health

Nithbank
DUMFRIES DG1 2SD

How to Contact

Enquiries & Appts 0345 023 687 (9-4pm)
Fax: 01387 244593
We: www.nhsdg.scot.nhs.uk

What's on offer

Family Planning and GUM Services

When

Phone for opening times

Who is it for

Lanarkshire – GUM & Sexual Health

14 Beckford Street
HAMILTON ML3 0TA

How to Contact

Tel: 01698 281313
Fax: 01698 423134
Web: www.lanarkshiresexualhealth.org

What's on offer

Family Planning and GUM Services

When

Phone for opening times

Who is it for

Anyone, male or female young or old, who wants advice and help with family planning, contraception and protection from sexually transmitted diseases

Sexual Health - Herpes Viruses Association

41 North Road
LONDON N7 9DP

How to Contact

Tel: 020 7609 9061
Web: www.herpes.org.uk

What's on offer

Individuals affected physically or psychological can receive counselling and advice via the helpline or by letter

When

Who is it for

Anyone affected by herpes viruses

HIV/AIDS – HIV Scotland

HIV Scotland, Suite 2
Beaverhall House
27 Beaverhall Road
EDINBURGH

How to Contact

Tel: 0131 558 3713
Web: www.hivscotland.com

What's on offer

National HIV agency for the voluntary sector in Scotland

When

Who is it for

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HIV/AIDS – Waverley Care

2/4 Abbeymount
EDINBURGH
EH8 8EJ

How to Contact

Tel: 0131 661 0982
Fax: 0131 652 1780
Email: info@waverlycare.org
Web: www.waverlycare.org

What's on offer

Information on HIV as well as support to people living with HIV

When

Mon, Tues, Wed, Fri 11 – 5pm
Thurs 11 – 7pm
Bookable Internet Access available

Who is it for

HIV/AIDS – Crosshouse Hospital

Blood Borne Virus Clinic
Crosshouse Hospital
KILMARNOCK KA2 0BE

How to Contact

Referral through GP or Consultant when a positive HIV result is received

What's on offer

Follow-up treatment to people living with HIV

When

Thurs 10 – 1pm

Who is it for

People with HIV

HEP C – Crosshouse Hospital

Hep C Clinic
Crosshouse Hospital
KILMARNOCK KA2 0BE

How to Contact

Referral through GP or other Doctor when Hepatitis C is diagnosed

What's on offer

Information and treatment of Hep C

When

Who is it for

People with Hep C

HIV Tests - Harm Reduction Team

HIV & Hepatitis Counselling & Testing
Bentick Centre
East Netherton Street
KILMARNOCK KA1 4AX

How to Contact

Tel: 01563 574237

What's on offer

Counselling and tests for HIV and Hepatitis

When

Ring for times

Who is it for

Drug Users

Terrence Higgins Trust

THT Scotland
Rothesay House
134 Douglas Street
GLASGOW
G2 4HF

How to Contact

Tel: 0141 332 3838
Fax: 0141 332 3755
Web: www.tht.org.uk

What's on offer

Advice & Support for gay men. Postal
condom service. Support groups.
Have worker in Ayrshire
Web: davidb@phace.scotland.org

When

Who is it for

People living with HIV, people needing
information

FEMALE REPRODUCTIVE HEALTH

**Where to get a Smear Test.
Help with Menopause & Pre-
Menstrual Syndrome**

MENOPAUSE/PRE-MENSTRUAL SYNDROME CLINIC

Menopause/Pre-Menstrual Syndrome Clinic – Miller Road

Menopause Clinic
32 Miller Road
AYR

How to Contact
Tel: 01294 323226

What's on offer
Offers advice for women wanting advice about: the Menopause, HRT, Period problems; Pre-menstrual symptoms

When
1st & 3rd Tuesday of the month
9.45 – 11.30am

Who is it for
Self referral or GP referrals and an appointment system is in operation

National Association for Pre-menstrual Syndrome

41 Old Road
East Peckam
KENT
TN12 5AP

How to contact
Tel: 08707772178
Web: www.pms.org.uk
Information on PMS

Menopause - National Osteoporosis Society

Support Group Scotland
Development Manager – Anne Simpson
PO Box 10021
Uddingston
GLASGOW G71 7W

How to Contact
Tel: 01761 471771
Email: a.simpson@nos.org.uk
Web: www.nos.org.uk

What's on offer
Offers support to people with osteoporosis, their families and carers through a range of booklets, national telephone helpline and a network of regional support groups. Has groups in Ayrshire

When

Who is it for
People, families or carers affected by osteoporosis

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SMEAR TESTS

Smear tests are taken at GP practices and in Family Planning clinics.

The sexual health department no longer has separate well woman or smear clinics.

After a smear test at a Sexual Health Department clinic smear result letters are posted to patients and their Doctor within 4 weeks of having a smear

www.cancerscreening.nhs.uk

Information on cervical screening

Leaflets in other languages on cervical screening

Leaflet for women with Learning Disabilities

www.bsccp.org.uk

British Society for colposcopy and cervical pathology

Information on cervical smear and colposcopy for professionals and the public

Colposcopy

In Ayrshire, the colposcopy clinic is held in the MacDonald Suite at Crosshouse Hospital. The clinic can be contacted on 01563 752238

WEBSITES TO VISIT FOR INFORMATION AND ADVICE

Index

- **LGBT**
- **Disability**
- **Pregnancy**
- **Infertility**
- **Pregnancy Loss**
- **Sexual Assault**
- **Information**
- **Sexual Problems**

WEBSITES TO VISIT FOR INFORMATION AND ADVICE

www.shayr.com A Sexual Health website for Ayrshire. Call for an appointment/advice on contraception / STI's/ pregnancy or unwanted pregnancy/menopause or for advice on the whereabouts of your nearest clinic in Ayrshire

www.ruthinging.co.uk free, confidential advice on sex and contraception – even for under 16's

www.healthy-respect.com developed by the national demonstration project and includes information for young people, parents and carers as well as professionals

www.sandyford.org this website gives details of relevant links to other useful websites including The Steve Retson Project www.steveretsonproject.org.uk and Base75 www.gvawp.org.uk

www.brook.org.uk information for under 25's – about contraception STI's how to be safe and your right to confidential treatment

www.samaritans.org.uk is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide

www.fpa.org.uk their main aim is to ensure high quality information and services are available to everyone who needs them. Call for advice on contraception/STI's/pregnancy or unwanted pregnancies or for advice on the whereabouts of your nearest centre

www.menopausematters.co.uk excellent website which aims to provide easily accessible, up-to-date, accurate information about the menopause, menopausal symptoms and treatment options for professional and public. Run by a respected gynaecologist from Dumfries.

www.ssha.info provides information on sexually transmitted infections and related conditions and also sources of help and support

www.bashh.org.uk includes the National Guidelines on the management of sexually transmitted infections and a directory of all UK GUM Clinics

www.childline.org.uk is a free 24-hour helpline for children and young people in the UK

www.impotence.org.uk set up to help sufferers of impotence (erectile dysfunction) and their partners and to raise awareness of the condition amongst both the public and the medical profession

www.aidsmap.com	comprehensive information on HIV and Aids for professionals and patients
www.epilepsy.org.uk	information on female reproductive health and epilepsy including contraception
www.nice.org.uk	national guidelines including No 30, long acting reversible contraception
www.ffprhc.org.uk	faculty of family planning national guidelines on contraception and searchable database of clinical queries about contraception
www.bashh.org	British association for sexual health & HIV. National guidelines on STI Management
www.fertilityuk.org	comprehensive and objective information to the public on fertility awareness including natural family planning
www.endo.org.uk	endometriosis UK– charity concerned with endometriosis
www.vulvalpainsociety.org	information on vulval pain
www.verity-pcos.org.uk	charity for women with polycystic ovarian syndrome
www.pcos-uk.org.uk	society for health professionals
www.sda.uk.net	sexual dysfunction association. Information & advice
www.gires.org.uk	gender identity research & education society. information on transgender issues gender
www.prodigy.nhs.uk/PILS/index.asp	patient information leaflets including contraception, STIS and reproductive health
http://contraceptive.ippf.org	searchable world wide database of hormonal contraceptive brands – useful for foreign visitors/pills prescribed abroad
www.womenshealthlondon.org.uk	Information on fibroids, heavy bleeding, your menstrual cycle, ovarian problems, hysterectomy, the menopause(naturally), pelvic inflammatory disease (PID), abnormal smear, HPV and genital warts, prolapse and thrush

OTHER - CONTACT NUMBERS

Other - NHS 24

Scotland

How to Contact

Tel: 0845 424 2424
Web: www.nhs24.com

What's on offer

Health advice and information service

When

Who is it for

If you need info, call and you'll be connected to a Nurse Advisor or Health Info Advisor

Other - The Samaritans

43 Titchfield Street
KILMARNOCK
KA1 1QS

How to Contact

Tel: 01563 531313
Tel: 08457 90 90 90 (helpline)

What's on offer

Provides confidential emotional support to any person who is suicidal or despairing; and that increases public awareness of issues around suicide and depression

When

Usual hours open to receive callers 11am – 7am

Who is it for

Other - Counselling Ayrshire

PO Box 8474
PRESTWICK KA9 1WL

How to Contact

Tel: 01292 671032
Answering machine
Email: counselling.ayrshire@virgin.net
Web: www.e-ayrshire.co.uk/local/counsellingayrshire

What's on offer

Free, person centred, counselling service to those in need of confidential, one-to-one help

When

Appointments – self refer by phone, email, write letter or complete on-line form. You will then be placed on a waiting list for a counsellor who will contact you when a space becomes available.

Who is it for

Other - Three Towns Healthy Living

Resource Centre
Nelson Road
SALTCOATS KA21 5RF

How to Contact

Tel: 01294 466901
Fax: 01294 465659
Email: life@health3towns.org.uk
Web: www.healthy3towns.org.uk

What's on offer

Provides information to live a happy, healthy lifestyle

When

Who is it for

Other – CHIP Van

East Ayrshire Council
Recreation Services
Civic Centre
John Finnie Street
KILMARNOCK KA1 1BS

How to Contact

Tel: 01563 576688/576689
Fax: 01563 576710/576709
Email: alan.brown@east-ayrshire.gov.uk
kate.todd@east-ayrshire.gov.uk
Web: www.chipvan.co.uk

What's on offer

Provides a mobile healthy living centre,
which will ensure improved access to
health information and advice

When

Phone or check website for times and
locations

Who is it for

Anyone in the local community

Women's Health Concern

Women's Health Concern
Whitehall House
41 Whitehall
LONDON
SW1A 2BY

How to Contact

Tel: 0845 123 2319
Monday – Friday 10am – 1.00pm
Email advice via website

What's on offer

Unbiased, accurate information & support
to women on healthcare matters

When

Who is it for

LGBT - CONTACT NUMBERS

Transgender Support Group

Crosslyne

How to Contact

0141 847 0787

What's on offer

When

Meets monthly

Who is it for

LGBT - Strathclyde Gay & Lesbian Switchboard

GLASGOW

How to Contact

Tel: 0141 847 0447

Email: www.sgls.co.uk

What's on offer

Confidential telephone and one to one
counselling

When

Mon – Sun 7 – 10pm

Who is it for

Lesbians, gay men, transvestites,
transsexuals their families & friends

Transgender Clinic

Dr Susan Carr
Sandyford Initiative
6 Sandyford Place
GLASGOW

How to Contact

0141 2118601

What's on offer

When

Who is it for

LGBT – FFLAG (Families & Friends of Lesbians and Gays)

PO Box 84
EXETER EX4 4AN

How to Contact

Tel: 01454 852418 (Helpline)
Email: info@fflag.org.uk
Web: www.fflag.org.uk

What's on offer

Supports parents and their gay, lesbian or bisexual children. Has networks of local parents groups and contacts

When

Who is it for

Families and friends of lesbians, gays and bisexuals

Parents Enquiry Scotland

How to contact

Tel: 0131 556 6047
Tel: 0141 427 3897
Email: www.parents enquiry scotland.org

Parents of transchildren

Tel: 01595 860 319

Email: www.parents enquiry@hotmail.com

What's on offer

Helplines & support by & for parents of gay, lesbian, bisexual & transgender children

When

9am – 10pm

DISABILITY - CONTACT NUMBERS

Disability – ENABLE

6th Floor
7 Buchanan Street
GLASGOW G1 3HL

How to Contact

Tel: 0141 226 4541
Fax: 0141 204 4398
Email: enable@enable.org.uk
Web: www.enable.org.uk

What's on offer

Leading the way in learning disability

When

Mon – Thurs 1.30 – 4.45pm
Fri 1.30 – 4pm

Who is it for

Eglington Disability Resource Centre

Pavilion 9, Ayrshire Central Hospital
Kilwinning Road
IRVINE KA12 8SS

How to Contact

General Enquiries Tel: 01294 323209
Occupational Therapy Tel: 01294 323209
Info/Advice Tel: 01291 323544

What's on offer

Provides a one stop source for advice and information and practical assistance

When

Mon – Thurs 9 – 4.45pm
Fri 9 – 4.30pm

Community Occupational Therapy

Mon – Fri 9–12 noon to accept referrals, offer advice and provide information.

Who is it for

Disabled Living Centres Council

Redbank House, 4 St Chad's Street
Cheetham
MANCHESTER M8 8QA

How to Contact

Tel: 0161 834 1044
Fax: 0161 839 0802
Textphone: 0161 839 0885
Email: dlcc@dlcc.org.uk
Web: www.dlcc.org.uk

What's on offer

Provides information and advice about products. At a DLC you can try out products and explore other solutions.

When

Check website for local Centres.

Paisley Tel: 0141 847 4959
Contact: Geraldine Dykes

Who is it for

PREGNANCY - CONTACT NUMBERS

Day Ward

Ayrshire Maternity Unit
Crosshouse Hospital
Kilmarnock

How to Contact
01563 521133

What's on offer
NHS termination of pregnancy services-
referral only

When
Mon-Fri

Who is it for
Women referred for termination of
pregnancy

Family Planning Service

Department of Sexual Health
Ayrshire Central Hospital
IRVINE

How to Contact
Tel: 01294 323226/323228/323485

What's on offer
Pregnancy testing, advice, referral to
termination services, post termination
counselling

When
See family planning clinics section

Who is it for

British Pregnancy Advisory Service (BPAS)

6 Sandyford Place
Sauchiehall Street
GLASGOW

How to Contact
Tel: 08457 30 40 30 (Action Line)
Email: www.bpas.org.uk
Email www.rcog.org.uk

What's on offer
Confidential advice and information on
unplanned or unwanted pregnancy –
counselling and abortion referral

When
Mon – Fri 8 – 9pm
Sat 8.30 – 6pm
Sun 9.30 – 2.30pm

Who is it for

Cardinal Winning Pro-Life Initiative

104 Albert Road, Crosshill, Glasgow
G42 8DR

How to Contact

0141 433 2680

www.prolifeinitiative.org.uk

What's on offer

Advice, emotional and practical support
for continuing with a pregnancy

Who is it for

Opposed to abortion, but offer help and
emotional support with continuing a
pregnancy

www.rcog.org.uk

Royal College of Obstetricians &
Gynaecologists

Website has factual patient info on
termination of pregnancy

Ayrshire Pregnancy Crisis Centre – Advice & Counselling		LIFE
66 Kyle Street AYR		Glasgow Tel: 0141 221 1963 24-hour helpline Tel: 01926 311511
How to Contact Tel: 01292 880028 Web: www.ayrshirepregnancy.co.uk		How to Contact Tel: 0141 221 1963 24-hour helpline Tel: 01926 311511
What's on offer Counselling to women with a crisis pregnancy, or who are feeling distressed after experiencing an abortion		What's on offer Advice, emotional and practical support for continuing with a pregnancy

www.workingfamilies.org.uk**How to Contact**

0800 0130313

What's on offer

Information on maternity
rights/pay/leave/benefit & tax credits

Who is it for

Women needing info on maternity rights
and benefits

Single parent families Scotland**How to contact**

Helpline 0808 801 0323

Office 0131 556 3899/4563

www.opfs.org.uk

info@opfs.org.uk

Whats on offer

Information and advice, counselling, on
benefits, employment, maintainance,
housing, education, childcare & parenting
problems

Who is it for

Lone parents needing support and advice

Care Pathway for Termination of Pregnancy Requests (Social Reasons)

TOP available up to 16 weeks in Ayrshire. Clients >16 and <24 weeks will be seen and scanned to confirm gestation. If wished they can be referred to BPAS, who can arrange late terminations. This usually means travel to England. The NHS may meet the expenses.

PROCEDURE after decision reached to make referral for TOP

- Phone TOP appointments – 01563 825430

You will be asked:

- Client name
- Address including postcode
- Estimated gestation
- If any previous terminations
- If patient has attended local maternity services in past (? will have previous notes)
- If you will be signing Certificate A
- Non GP referrers - name & address of GP, and whether GP correspondence is acceptable

You will be given an appointment time for the client

Tell client:

1. Where the clinic is (Crosshouse Hospital)
2. Termination not done at first visit
3. Date for TOP usually given for the following week
4. A scan will be done, therefore arrive with a comfortably full bladder (they don't need to see the screen)
5. May take one companion to the clinic – Under 16's advised to bring a parent
6. May change their mind
7. To return if they have further things to discuss
8. Make a plan for subsequent contraception (? Give pill prescription)
9. Consider need for follow up appointment
10. Availability of post TOP counselling – please make referral to Department of Sexual Health

Discussing Pregnancy Options

POINTS TO CONSIDER

1. Age (Under 16's)

Assess competence

Should a parent or other adult be informed

? Child Protection concerns

2. Estimate Pregnancy Gestation

Discuss methods available depending on gestation

Explain options – TOP/Continue/Adoption

3. Client

Thoughts & feeling about the pregnancy

4. What were client's views on termination before this crisis?

Any previous TOP – how does this affect present situation

5. Level of support

Home situation

Partner involvement/support

6. Level of coping

NB verbal & non-verbal communication

How is continuing or not continuing pregnancy going to affect their mental health?

7. Any medical problems

8. Social factors

e.g drug/alcohol abuse, financial situation, employment.

Offer SW referral

9. Is choice freely made?

? coercion

? feels obliged to please others

10. Risk of post TOP regret

Risk factors

- TOP on medical grounds
- Termination at late gestation
- Ambivalence before procedure
- Poor social support
- Age under 20
- Previous psychiatric problems
- Undue influence of partner/parents
- Coming from cultural group where TOP is taboo

11. Offer further appointments for discussion is needed

12. Offer other sources of help and information

e.g charities & websites

13. Given written information

Local information

Leaflets downloadable from intranet in patient information section

INFERTILITY - CONTACT NUMBERS

Child The National Infertility Support Network

4 Hepburn Way
Lawthorn
IRVINE KA11 2EE

How to Contact

Tel: 01294 218868
Mobile: 07710 764 162
Email: sheenayoung@child.org.uk
Web: www.child.org.uk

What's on offer

Infertility information, advice or support

Who is it for

Anyone experiencing infertility problems

CHILD – The National Infertility Support Network

Charter House
43 St Leonards Road
Bexhill On Sea
EAST SUSSEX TN40 1JA

How to Contact

Tel: 01424 732361
Email: office@child.org.uk
Web: www.child.org.uk

What's on offer

Support for couples undergoing infertility treatment or who have faced infertility in the past

Who is it for

Anyone experiencing infertility problems

PREGNANCY LOSS - CONTACT NUMBERS

Miscarriage – Scottish Care & Information on Miscarriage (SCIM)

41 Merryland Street
GLASGOW
G51 2QG

How to Contact

Tel: 0141 445 3727
Fax: 0141 445 0119
Email: scim@scim.fsworld.co.uk
Web: www.connectedscotland.org.uk/scimnet

What's on offer

Support services including advice on miscarriage, future pregnancies and fertility awareness

When

Mon – Fri 9.30 – 4.30pm

Who is it for

Anyone who has experienced miscarriage

SANDS (Stillbirth and Neonatal Death Society)

Head Office
28 Portland Place
LONDON W1B 1LY

How to Contact

Tel: 020 7436 5881 Helpline
Fax: 020 7436 3715
Email: support@uk-sands.org
Web: www.uk-sands.org

What's on offer

Support services and advice on finding local help and have information about other relevant support organisations

When

Helpline is open Mon – Fri 10 – 3pm

Who is it for

Anyone who has been affected by the death of a baby

Miscarriage – The Miscarriage Association

c/o Clayton Hospital
Northgate, Wakefield
West Yorkshire WF1 3JS

How to Contact

Tel: 0131 334 8883 Scottish Helpline
(answerphone naming local contacts)
Tel: 01924 200799 Helpline
01924 200795 Admin

Email:

info@miscarriageassociation.org.uk

Web: www.miscarriageassociation.org.uk

What's on offer

Support services including advice on miscarriage, future pregnancies and fertility awareness

When

Mon – Fri 9 -4pm

Who is it for

Anyone who has experienced miscarriage

DOMESTIC VIOLENCE & SEXUAL ASSAULT - CONTACT NUMBERS

Scottish Women's Aid – North Ayrshire

STEVENSTON
KA20 3HD

How to Contact

Tel: 01294 602424

Fax: 01294 601415

Web: www.scottishwomenaid.co.uk

What's on offer

Offers a safe place to stay, information and support to women and their children (if any)

When

On call - 24 hours

Mon – Thurs 9 – 4pm

Fri 9 – 1pm

Who is it for

Women experiencing abuse from their partner

Scottish Women's Aid – East Ayrshire

KILMARNOCK

How to Contact

Tel: 01563 536001

Fax: 01563 574917

Web: www.scottishwomenaid.co.uk

What's on offer

Offers a safe place to stay, information and support to women and their children (if any)

When

On call – Refuge only

Mon – Thurs 10 – 4pm

Fri 10 – 1pm

Who is it for

Women experiencing abuse from their partner

Scottish Women's Aid – Cumnock & Doon

30a Ayr Road
CUMNOCK

How to Contact

Tel: 01290 423434

Web: www.scottishwomenaid.co.uk

What's on offer

Offers a safe place to stay, information and support to women and their children (if any)

When

Mon – Thurs 9 – 4pm

Fri 10 – 1pm

Who is it for

Women experiencing abuse from their partner

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Rape Crisis Scotland

1st Floor, Central Chambers
93 Hope Street
GLASGOW G2 6LD

How to Contact

Tel: 0141 248 8848
Fax: 0141 248 8748
Email: info@rapecrisisScotland.org.uk
Web: www.rapecrisisScotland.org.uk

What's on offer

Provides help advice & support for victims
of rape

When

Sun, Tues & Wed 7 – 9pm
Thurs 1 – 3pm
Answering machine at all other times

Who is it for**Rape Counselling & Resource Centre**

PO Box 23
KILMARNOCK KA1 1DP

How to Contact

Tel: 01563 544686 (office)
Tel: 01563 541769 (helpline)
Web: www.ruthinking.co.uk

What's on offer

Provides support for adult survivors of
rape and child sexual abuse and to their
family, friends and supporters

When**Who is it for**

Victim Support

IRVINE
KA12 8AN

How to Contact
Tel: 01294 277040

What's on offer
Offer emotional and practical support to victims of domestic abuse

When

Who is it for

Moving On

3 Towns Healthy Living
12 Hamilton Street
Saltcoats
KA21 5DS

How to Contact
Tel: 01294 467626/466901

What's on offer
Provides support for adult survivors of sexual abuse in north ayrshire

When

Who is it for

INFORMATION - CONTACT NUMBERS

Information – Sexual Health – Sheffield Centre for HIV & Sexual Health

Centre for HIV & Sexual Health
22 Collegiate Crescent
SHEFFIELD S10 2BA

How to Contact

Tel: 0114 2261900
Fax: 0114 226 1901
Email: chiv.admin@chs.nhs.uk
Web: www.sexualhealthsheffield.co.uk

What's on offer

Information for professionals of all disciplines help them deliver sexual health education

Health Improvement Shop

Boswell House
10 Arthur Street
AYR KA7 1QJ

How to Contact

Tel: 01292 885927
Web: www.healthinfoshop.scot.nhs.uk

What's on offer

Information on all health matters and educational resources

When

Mon – Fri 9.30 – 8.30pm
Wed closes 1pm

Who is it for

Family Planning Association (FPA)

Unit 10, Firhill Business Centre
76 Firhill Road
GLASGOW G20 7BA

How to Contact

Tel: 0141 248 8848
Web: www.fpa.org.uk

What's on offer

Books and resources on sex education, learning disabilities, contraception and sexual health. Also educational courses for professionals and voluntary workers about sexual health.

When

Who is it for

Condoms by Mail

There are many companies who supply condoms by post. The sales arm of the Family Planning Association can supply condoms at very competitive prices. Profits go to the Family Planning Association. They also sell lubricants, female barrier contraceptives, sex aids and more.

“Clinic packs” of 144 condoms are available on request.

Tel: 0870 442 4061 Web: www.fpsales.co.uk

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SEXUAL PROBLEMS - CONTACT NUMBERS

Psychosexual Counselling

Available via the Department of Sexual Health. Clinic is held in Ayr
Also available from Sandyford Initiative
Glasgow

How to Contact

Referral by GP or Family Planning Clinic
after they have made an assessment

What's on offer

Counselling to help understand and
overcome sexual problems

When

Who is it for

Men and women with sexual problems

Erectile Problems

Available via the Department of Urology at
Ayr Hospital

How to Contact

Referral by GP or other Doctor after they
have made an assessment

What's on offer

Medical help for men having problems
with erections

When

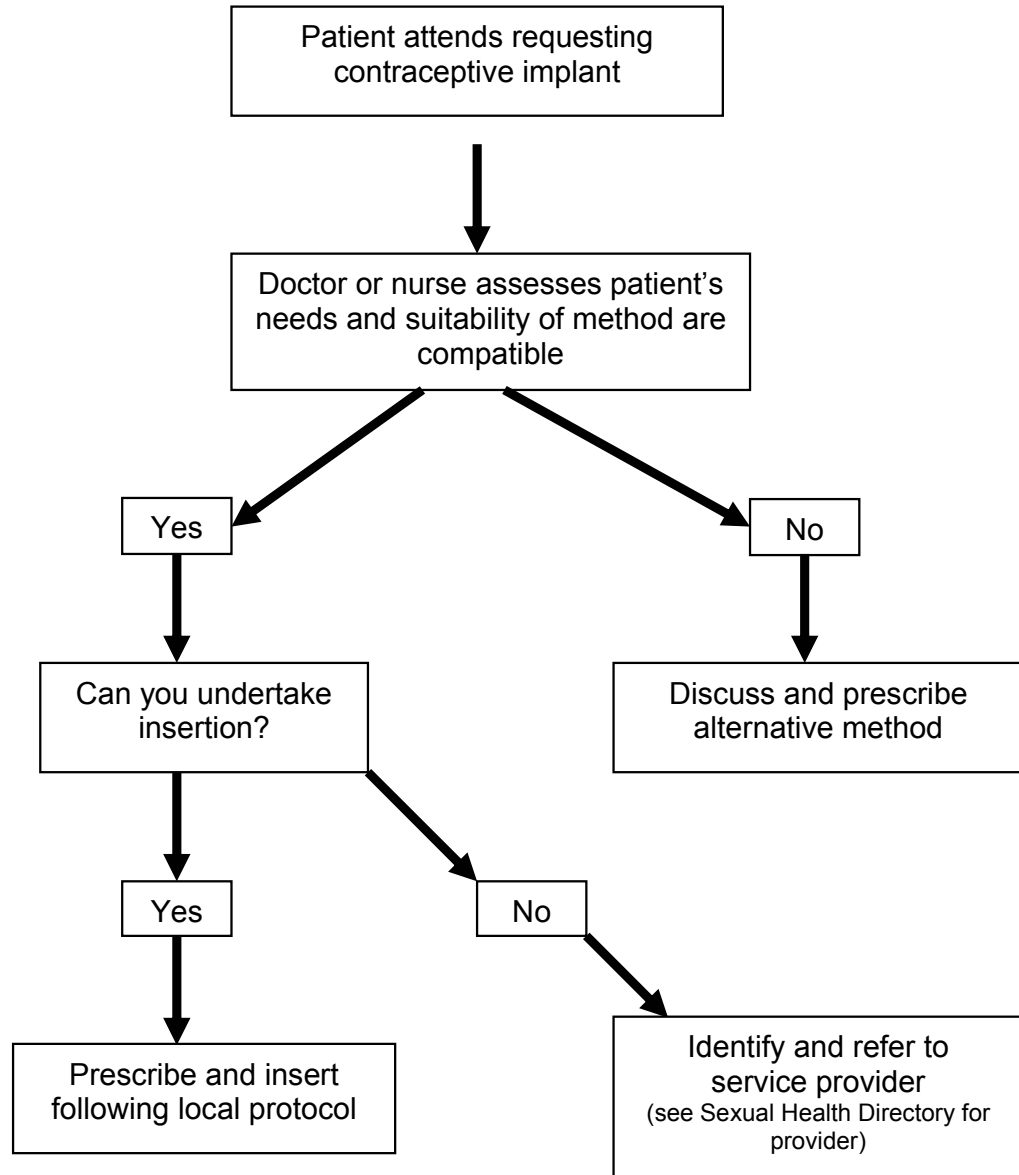
Who is it for

Men with sexual problems

RELATIONSHIPS – CONTACT NUMBERS

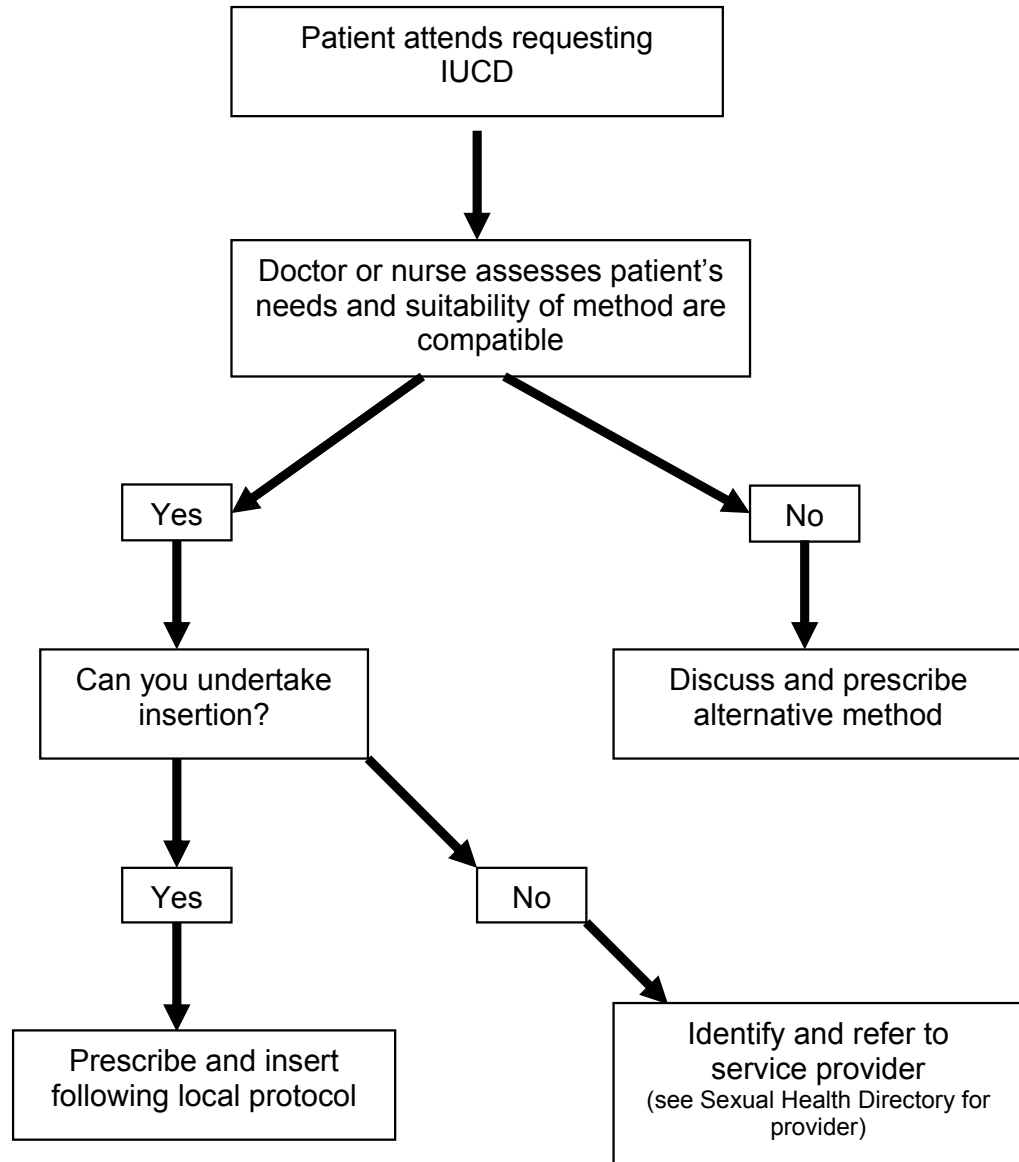
Relate Scotland (previously Couple Counselling Scotland)		Scottish Marriage Care
The Bungalow 3A Holmston Road AYR		72 Waterloo Street Glasgow
How to contact		How to contact
Tel: 01292 265270 Monday – Friday 10am – 12 noon To make an appointment Counselling in Ayr, Kilmarnock, Saltcoats		Tel: 0141 222166 Web: www.scottishmarriagecare.org Counselling available in Ayrshire Local contact: Liz Izat c/o 198 Clyde Street Glasgow Tel: 01294 551210
What's on offer		What's on offer
Confidential relationship counselling for couples (includes unmarried and same sex couples)		Aims to sustain marriage, relationships & family life
When		When
Who is it for		Who is it for

Care Pathway for provision of Contraceptive Implants



Women can phone to make their own appointments with Family Planning. Ask them to state they need an implant insertion appointment

Care Pathway for provision of Intrauterine Contraceptive Device (IUCD)



Emergency Contraception - Pills and Coils

1. Emergency contraceptive pills must be taken within 72 hours to be effective.

If emergency contraception is taken within 24 hours the risk of pregnancy is 0.4% - if taken between 49-72 hours the risk of pregnancy rises to 2.7%

Emergency contraceptive pills can be obtained free from:

- Sexual Health Clinics
- GP Surgeries
- Accident & Emergency at Ayr Hospital
- Most Pharmacies (if you are over 16 years)

2. Emergency contraceptive coil can be inserted within 5 days of unprotected sex

To have a Coil inserted you must attend either your own Doctor or a Sexual Health Clinic

ARCHWAY ACCESS CRITERIA
(SEXUAL ASSAULT SERVICE, SANDYFORD, 6 SANDYFORD PLACE, GLASGOW)

To: External Agencies

- The Archway will mainly see individuals who have been raped or seriously sexually assaulted. This would usually involve penetration or attempted penetration of any orifice (with penis or foreign object).

In individuals where there is no allegation of sexual assault but the individual has amnesia about events then they would not routinely fulfil the criteria for entry to Archway. If there is an allegation of drug facilitation, then the individual can be advised to contact the police and should during the investigative process, further information come to light regarding the incident, then arrangements can be made for a forensic examination to be performed if this is indicated.

- Males and females Age 13 years and over
- Up to and including 7 days after assault
- Self referrals from any area as long as above criteria met
- Police and Agency referrals – old Greater Glasgow NHS area (for police, please check with supervisor if your Division is included)

Opening Times:

Monday – Thursday: 9am to 5pm

Friday, Saturday, Sunday: 24 hours } 0141 211 8175

IF THERE IS ANY CONFUSION OVER WHETHER TO REFER OR NOT, PLEASE PHONE ON THE ABOVE NUMBER AND SPEAK TO ONE OF THE MEDICAL STAFF

Acknowledgements

The Department of Sexual Health staff would like to thank the following organisations with their help in producing this directory.

- An education grant from Organon Laboratories
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Updated information will be circulated regularly via email.

To update your information please email with relevant details to.

Ann.mcginn@aapct.scot.nhs.uk

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