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September 2025

Welcome to our first Suffolk Sexual Health Newsletter!

We are excited to bring you quarterly updates, packed with free resources, training opportunities, the latest research and guidance and key dates for your diary.

Whether you are a professional working with young people, a parent or carer, or part of a local organisation, our newsletter will keep you connected with everything happening in sexual health across Suffolk.

A quick overview of what you can find in this newsletter:

- Free relationships and sex education (RSE) resources and videos including easy read resources
- Information about the new gonorrhea vaccination available through Suffolk Sexual Health Service, and other STI prevention tools coming soon
- Free training including Free Parents and Carers Sessions during Sexual Health Week with The Two Johns
- New relationships, sex and health education (RSHE) government guidance

Free Resources

The below videos and easy read document may be useful for you, your teams, or young people you are supporting.

- [Condom Demonstration Video](#) – a clear step-by-step resource to share with young people about using condoms correctly. *The video is at the bottom of the web page.*
 - [eC-Card Scheme Video](#) – quick explainer video about accessing free condoms for young people. *The video is at the bottom of the web page.*
 - [Sex and Pregnancy – Easy Read Document](#) - accessible information for young people with additional learning needs.
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STI Prevention Methods Coming Soon

Gonorrhea Vaccine

We are proud to be among the first to offer the new gonorrhea vaccine, helping to protect communities in Suffolk. The 4CmenB vaccination program will be available to those most at risk of infection, this includes gay and bisexual men, men that have sex with men, or people that have unprotected sex with multiple partners. This is now available at Suffolk Sexual Health Service and consultations can be booked using the [online portal](#) or by calling 0300 303 9982.

Doxycycline

Another prevention method due to be coming to clinics soon is DoxyPEP. DoxyPEP involves taking two 100mg tablets of an antibiotic called Doxycycline. The pills should be taken within 72hours after sex. Studies show that the medicine reduces the chance of getting chlamydia and syphilis by around 80%. [Learn more about DoxyPEP here.](#)

Pre-Exposure Prophylaxis (PrEP)

PrEP is still accessible from our clinics to prevent HIV transmission. To book your appointment visit our [online portal](#).

Free Training

We offer a wide range of FREE training for professionals across Suffolk. Whether you work in education, healthcare, or community support, there is something for you- [click here to find out about our upcoming training sessions.](#)

If you are looking for our education and outreach team to deliver educational sessions, please reach out to us on provide.sshsoutreach@nhs.net

Parent and Carer Training

As part of Sexual Health Week next week, Monday 15 to Sunday 21 September 2025, we are delivering a specialist session aimed at parents and carers. If you are an educational establishment, please feel free to share this with your parents and carers.

The Two Johns – Free Online Safety Session, Thursday 18 September at 8pm

[Click here to register your FREE place.](#)

Suffolk Sexual Health Service and Essex Sexual Health Service are working with 'The Two Johns', online child sexual exploitation experts, as part of Sexual Health Week 2025, with this year's theme being 'Chronically Online'. The Two Johns will lead the session, opening your eyes to a world that we, as adults, didn't grow up in. The session aims to make sure you are aware of the dangers, know the signs, and explore what you can do to help keep your child safe. The session will also cover an overview of local sexual health services, support available, and how these can be accessed by young people, as well as signposting parents and carers to platforms to support them to have conversations with their young people around healthy relationships and sexual health.

New RSHE Guidance

The government has released new statutory guidance on relationships and sexual health education, to be implemented by September 2026. The updated framework strengthens teaching on online harms, sexual harassment, mental health, and respectful relationships.

[Read the full guidance here.](#)

New Services Available in Pharmacies

Did you know that many pharmacies in Suffolk are now able to offer the contraception pill without a prescription? For more information and to find your participating pharmacy [click here](#).

Dates for Your Diary

Sexual Health Week – Monday 15 to Sunday 21 September 2025.

The theme of this year's sexual health week is Chronically Online. For more information and to view national campaign details, [please click here](#).

We will be delivering sessions aimed at parents and carers as listed above, as well as being out and about working with young people across educational settings exploring the difference between real life intimate relationships and what is portrayed in pornography.

World Contraception Day – Friday 26 September 2025

For more information on contraception [visit our website](#).

Blogs

[Contraception Spotlight: Female Sterilisation](#)

If you're certain that you don't want any (or more) children, female sterilisation is a permanent method of contraception to consider. It's a safe and effective option for those seeking long-term birth control.

[Exploring Relationship Diversity: Beyond Monogamy](#)

Human relationships are as varied as the individuals who form them. While monogamy – being in a committed relationship with one person – is a common model, many people find fulfilment in alternative structures that better align with their values, desires, and lifestyles.

Please [click here](#) to view all of Suffolk Sexual Health Service's blogs.

We hope you have found our first newsletter useful. Don't miss our next issue which will be issued in December 2025, where we will be sharing details of our new 'Are you Ready?' campaign, free teaching resources on pleasure and lots more.

900 The Crescent, Colchester Business Park, Colchester, Essex, CO4 9YQ
United Kingdom

For all inquiries, please contact us at: provide.sshsoutreach@nhs.net

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