



December 2025

Welcome to the Suffolk Sexual Health newsletter!

We hope you are well and looking forward to getting into the festive spirit. Did you know that within the UK, September is the most common month for somebody to be born in? This is attributed to more conceptions happening around Christmas time nine months prior. This means that at Suffolk Sexual Health Service, we have been incredibly busy with our promotion of safe sex and supporting communities around Suffolk to access our services.

Within this newsletter edition you will see what we have been up to as well as any other service updates, including:

- World AIDS Day update and review
- Are You Ready? campaign
- New resources
- Upcoming blogs and available free training

World AIDS Day - together we remember and think of those lost. Together we celebrate how far we have come

World AIDS Day was on Monday 1 of December 2025, and our message was one of remembrance and celebration. We mourn and remember those who we have lost but also look at how far we have come and the progress we have made, not only



medically but also culturally with addressing stigma and busting HIV myths.

The Outreach Team went to many different events during the week commencing Monday 1 December to spread this message.

We would like to give a special thank you to every partner organisation that hosted us:

- Sam's Café in Lowestoft
- Morrisons in Lowestoft
- Asda in Ipswich
- Asda in Lowestoft
- Tesco in Bury St Edmunds
- King Edward VI School in Bury St Edmunds
- Burlington Baptist Church in Ipswich
- Rock Barrack in Woodbridge

We had a fantastic week of raising awareness with raising awareness for World AIDS Day but also for the service, if you saw us out and about thank you for saying hello!

New campaign - Are You Ready?



Are You Ready is a brand-new campaign which is a fantastic tool for professionals to use or for young people to have in order to help them navigate how ready they are for having sex for the first time. It is designed to help consider some of the steps you can take in advance to support your emotional and physical wellbeing if choosing to become intimate with a partner.

The campaign and tools are [hosted on our website](#), and part of it is a flowchart that asks young people some important questions on the circumstances of what their first time having sex will be. The flowchart questions are designed to help explore considerations before thinking about having sex.

New resources

We have a range of new resources and we are now hosting these on our brand-new [YouTube channel!](#) Our newest video is on Understanding Pleasure. This focuses on the important role of pleasure and how to have conversations around it. On our YouTube channel we also have other forms of educational content, such as condom demonstrations or videos on how to assist young people with joining the eC-Card. Stay tuned for more educational content, in the meantime please subscribe to our channel [via this link](#).

Blogs

Want to know more about all thing sexual health? Make sure you keep up to date with our blogs, all of these can be found on our [website by clicking here](#).

Below is a sneak peek of the blogs coming out soon:

- Monday 22 December 2025 - Can you still get STIs if you're in a same gender relationship?
 - Thursday 8 January 2026 - Kinks, consent & confidence
 - Monday 19 January 2026 - Can you catch the same STI twice?
 - Friday 30 January 2026 - What happens if I miss one pill?
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Up-coming training sessions

We would love to see you at our multi-agency training; these are free to attend for all Suffolk professionals. If you have 5 or more staff that require training, email us to book in-house training provide.sshsoutreach@nhs.net.

We kindly ask that if you can no longer make our training that you please let us know.

Growing up in an Online World

Tuesday 3 February 2026, 9:30am to 12:30pm

Join Suffolk Sexual Health Service as we look at modern technology such as the internet and mobile phones with them unique risks that can negatively impact young people.

eC-Card Training

Tuesday 17 February 2026, 10am to 12:30pm

Our eC-Card Training program is designed specifically for professionals who are dedicated to supporting young people aged 13 to 24 in making safe and informed choices about their sexual health. This training will help you become an assessor and join the eC-Card Scheme.

Introduction to Sexual Health

Friday 27 March 2026, 10am to 1pm

This session provides an overview of current STI trends and rates of prevalence.

For more information on any of these sessions or if you would like to book your free place, you can do this on Eventbrite [by clicking this link](#).

Dates for the calendar

Below are some awareness dates that you might want to keep your eyes peeled for campaigns on sexual health...

- Sunday 21 December 2025 - Global Orgasm Day
 - Monday 9 February to Sunday 15 February 2026 - National HIV Testing Week
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That is all from us in this edition, we hope everyone is keeping safe, warm and has an amazing festive period.

If you have any questions or need anyone support from the team please reach out to us at provide.sshsoutreach@nhs.net



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