



April 2026

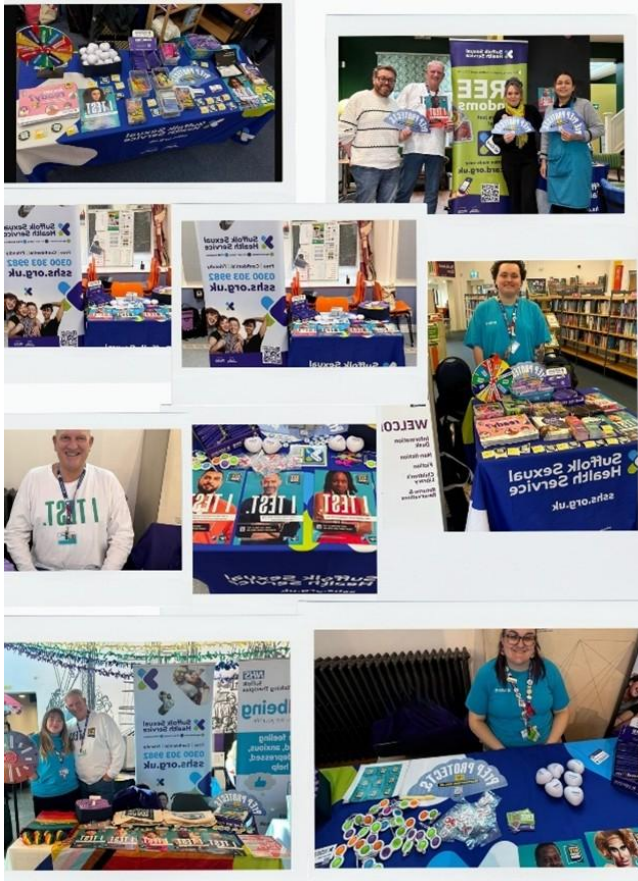
Welcome to our third Suffolk Sexual Health Service newsletter!

We hope that you are well and enjoying the start of spring. Did you know that studies have reported people having a much higher libido during the spring season, this is referred to as Spring Fever! There are many reasons for this, whether it's more sunlight helping produce serotonin, or even reports that people's sperm counts are typically recorded as higher during the spring (*Dehghanbanadaki, et al, 2025*).

At Suffolk Sexual Health Service, we have been incredibly busy since our last update, as always we have been promoting safe sex and supporting communities around Suffolk to access our services. Within this newsletter you will see what we've been up to as well as any other service updates, below a quick overview of what you'll find in this addition of our newsletter:

- National HIV Testing Week wrap up and review
- Brand new resources from our service
- Upcoming training and a look at our future blogs

National HIV Testing Week 2026



This year, National HIV Testing Week ran between Monday 9 and Sunday 15 February, and what a week it was! The core message for National HIV Testing Week is to highlight not only how important it is to get tested regularly, but also how easy testing can be. There is estimated to be 4,700 people living with undiagnosed HIV in England, in addition to this people who are diagnosed late in England are 10 times more likely to die within a year than those diagnosed promptly. This again highlights how crucial it is to make testing a regular part of your health check-ups.

Remember, HIV is now a manageable condition. With effective treatment, people living with HIV can lead long, healthy lives. Modern medication can reduce the virus to 'undetectable' levels, meaning there is zero risk of passing it on to partners.

Our Outreach Team were incredibly busy during this week, and would like to give a special thank you to everyone who came and spoke to us, as well as all the partner agencies that we worked collaboratively with in order to promote our service and National HIV Testing Week including:

- Sam's Wellbeing Hub
- Bridgeview Centre
- Stowmarket Library
- Sudbury Arts Centre
- Felixstowe Library
- Trinity Methodist Church
- Ipswich County Library
- ihAg
- The Hold for Queer Health Matters

During National HIV Testing Week, we also produced a brand-new educational session for professionals called Talk, Test, Thrive- Bitesize HIV Awareness Session. This session was designed to support community workers to increase HIV testing and reduce stigma within the communities they support by utilising the Making Every Contact Count approach. If you missed the opportunity to attend this session, then keep your eyes peeled on our Eventbrite for the next available opportunity to

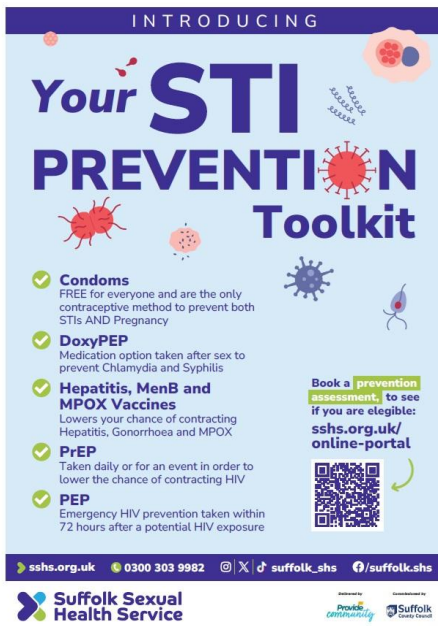
attend. SSHS's Eventbrite page can be accessed [by clicking this link](#).

Detached work



During February half term, we relaunched our detached work within Ipswich and Lowestoft. We found it to be a great success in promoting the service to young people enjoying time away from school/college and will definitely be looking to do some more soon. If you see us around please come over and say hello!

New resources



We have recently created some brand-new resources that we think that you would find beneficial within your service delivery.

The first being our STI Prevention Toolkit, our new poster has information surrounding all the tools we can provide somebody from contracting an STI such as condoms, medication and vaccines. It also has a QR code that'll take you to our online portal where you can check if you need to book an appointment to one of our clinics or order an at home testing kit. [Please click here to download the poster](#) - if you think this is relevant to your service we absolutely encourage you to put it somewhere that service users can see and access it.

Unsure which prevention tool is right for you? Get in touch with our team for advice.

We would also like to announce that we will soon have a brand new e-Card Training video for professionals. We are still gathering feedback on this, but it will soon be ready to go live. If you would like to give us feedback please let us know and we can give you a sneak peek the video.

Clinical update on progestogen containing contraception

As you may have seen [on our website](#) - in line with recent new evidence about some progestogen, containing contraception having been found to have association with meningioma, we would like to advice that contraception which contains desogestrel should not be used by individuals with a current or a past history of meningioma.

If you have concerns about your current desogestrel- containing method of contraception please contact your contraception provider for further advice.

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](#).

Our most recent blogs are:

- [Do you have to tell your GP about an STI?](#)
 - [Let's talk about solo sex](#)
 - [Does my contraception mess with my period...or am I just imagining it?](#)
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Up-coming training sessions

On Tuesday 21 April, we will be hosting a training session on **STIs, Contraception and Local Sexual Health Services**. This is a fantastic session that provides an overview of current STI trends and rates of prevalence. It will cover symptoms, testing, treatment and prevention. Whether you need a refresher on the subject or know nothing at all we think the session is incredibly useful to those working within Suffolk.

You can book a spot onto this FREE session by signing up on our Eventbrite [by clicking this link](#).

We also provide in-house training where if you have enough members of staff wanting to develop their knowledge, we can come to you! Please reach out to us via email to arrange this.

That is all from us this time, we hope you found this informative and also looking forward to hopefully seeing you soon.

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

References

H.Dehghanbanadaki, Z.Randell, T.Cain, et al. "Seasonal Variations in Human Semen Parameters: A Systematic Review and Meta-Analysis." *Andrology* (2025): e70167. <https://doi.org/10.1111/andr.70167>

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