



UPDATE

Let's talk about sex, baby...

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Welcome to our Suffolk Sexual Health Service newsletter!

We hope that you are well and enjoying the sunshine recently, we would first like to say thank you for supporting our service as we celebrate an entire year of distributing our quarterly newsletters!

Did You Know?

With summer now here, we know this can be an exciting time for many people, but it can also bring some additional challenges to health and wellbeing. For example, did you know that Doxycycline (a antibiotic used to treat some bacterial STIs) can potentially make your skin more sensitive to sunlight causing sunburn like reactions or rashes to appear much quicker due to sun exposure (*NHS*). This is called drug-induced photosensitivity and whilst it won't happen to everyone who is prescribed doxycycline, it's still important to know about potential side effects during these hotter months.

Schools Out, Summer's Here!

As schools, colleges and universities wind down for summer, it is important that young people continue to know where they can access support and advice for their sexual health. For a lot of young people, the summer holidays can mean reduced contact with professionals and service they would usually access during term time. If you work with young people and don't already have our service posters up inside where you work please let us know and we would be happy to supply you with either our digital packs or you can download these from our website by [clicking here](#).

We would like to also remind professionals to continue to signpost to local sexual health services where appropriate. In the next section below, you can see what we offer and how to signpost.

Staying Safe and Where to Get Help

eC-Card Scheme - If someone is between the ages of 13 to 24 and a resident in Suffolk, they can download the eC-Card app to get free condoms from over 200 different venues across all of Suffolk.

If this is a service that you'd be interested in offering please have a look on [our Eventbrite](#) in order to access our training to become either an eC-Card venue or eC-Card Assessor.

Emergency Hormonal Contraception - There has now been a large increase in how many pharmacies that will now offer free emergency hormonal contraception in Suffolk, please use the NHS pharmacy tool online to find out which pharmacies local to you offer this. You can also access free emergency hormonal contraception from all of our [sexual health clinics](#) in Suffolk as well as any A&E department.



Clinical Services - We have four clinics in Suffolk where anyone can access a wide range of different types of contraception. If the service users you're supporting are unsure of what contraception would be best for them, encourage them to look at our [website](#) where we list all the variations and how they work.

If you work with somebody who would like to have an STI test, you can inform them that we offer two different ways of getting tested for STIs:

1. If somebody is showing symptoms they can [book an appointment](#) at one of our clinics
2. Or, they can order a self-testing kit to their home by



signing up for the [Personal Health Record](#)

If you are supporting a service user with booking an appointment for STI testing or having contraception fitted, then feel free to contact us on our professional's telephone line 0300 303 9980 - please remember not to share this phone number with service users!

Where you Will Find The Outreach Team This Summer

- Bungay Pride - Saturday 4 July 2026
- Ipswich Music Day - Sunday 5 July 2026
- Lowestoft Pride - Saturday 11 July 2026
- Ipswich Food and Drink Festival - Saturday 18 and Sunday 19 July 2026
- Saxfest - Friday 7 and Saturday 8 August 2026
- 1 Big Multicultural Festival - Sunday 30 of August 2026

We would love for you to come see us and say hello! Keep your eyes peeled on our social media platforms to see more updates and what we get up to.

Up-coming FREE Training Sessions

Check out our training sessions below, which are all free to attend.

The sessions on Tuesday 1 and Wednesday 2 September 2026 are specifically tailored to anyone who works within an education setting to be accessed within their PD days.

- **eC-Card Assessor Training** - Tuesday 4 August 10am to 12.30pm (online)
- **Delivering Relationship and Sexual Health Education (RSHE)** - Tuesday 1 September 1pm to 4.20pm (online)
- **Schools Edition: STIs, Contraception and Local Sexual Health Services** - Wednesday 2 September 10am to 1pm (online)

If you would like to book onto any of these events please have a look at our Eventbrite [which can be accessed through this link](#)

That's all from us this time, make sure you save the date for our next newsletter in September where we will be highlighting Sexual Health Week, we look forward to hearing from you soon!

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