



September 2026

Welcome to our Suffolk Sexual Health Service newsletter!

Sexual Health Week 2026 – Let's Connect

Did you know? Around 1 in 6 people worldwide experience loneliness (WHO, 2025). Connection is an important part of our health and wellbeing and the relationship we have with ourselves, and others can play a significant role in how we feel, both physically and emotionally.

That's why this year's Sexual Health Week theme "Let's Connect", feels particularly important. Taking place this week, Monday 14 to Sunday 20 September 2026, the campaign, hosted by Brook, explores the different ways we connect with one another, through platonic, romantic and sexual relationships and the importance of positive, healthy connections in our lives.

Throughout Sexual Health Week, our Suffolk Sexual Health Outreach Team will be creating opportunities for people to connect with information, support, services and each other through outreach, professional engagement, digital activity and community partnerships.

New E-Learning Platform Now Live!

We are excited to launch our brand-new online learning platform today!

Designed to make sexual health learning more accessible than ever, the platform brings together sexual health resources that professionals can access at a time and pace that works for them.

Whether you are looking to build your knowledge, refresh your existing skills or develop confidence around sexual health topics, our e-learning offers a convenient way to support young ongoing learning and professional development.

Your e-learning journey starts here - [click here to register.](#)

Last chance to sign up to our FREE online training events taking place on Tuesday 15 September 2026

Understanding Rejection, Resilience and Healthy Responses

Taking place online on Tuesday 15 September 2026 from 3.30pm to 4.30pm.

This session will give you information on rejection and the impact it can have on young people. We will be looking at short and long term effects on rejection, how the online world changes experience of rejection, and give you strategies and tips on how to support young people around rejection. Finally, we will also look at when disclosures of rejection require safeguarding interventions.

Find out more and book your place by [clicking here.](#)

Parents and Carers Session

Taking place on Tuesday 15 September 2026 from 8pm to 9.30pm.

We are offering a dedicated session for parents and carers, providing an opportunity to build confidence in talking to children and young people about sexual health, relationships and growing up.

The session will provide practical advice, information and resources to help parents and carers approach these conversations in an open, supportive and age-appropriate way.

Find out more and book your FREE place by [clicking here.](#)

FREE training for parents and carers

ONLINE CHILD SEXUAL ABUSE & EXPLOITATION

*Delivered by the Suffolk Sexual Health Service with a CEOP
Education Ambassador from Essex Sexual Health Service*

WHAT YOU'LL LEARN

- ✓ Online child sexual abuse and exploitation
- ✓ Grooming
- ✓ Financially motivated sexual extortion
- ✓ AI and sexual extortion
- ✓ Talking about relationships and online experiences
- ✓ Responding to and reporting concerns

 TUESDAY 15TH SEPTEMBER
 8PM-9:30PM
 ONLINE - MICROSOFT TEAMS

REGISTER NOW BY FOLLOWING THE
LINK BELOW!



Email us-
provide.sshsoutreach@nhs.net



Connect people through eC-Card

eC-Card is another way we can help people connect with sexual health support in their local community.

The scheme enables participating venues to provide access to emergency contraception, helping people connect with support quickly and locally when they need it.

Already an eC-Card venue?

Help us spread the word!

We would love our existing eC-Card venues to connect with us on Instagram and help promote the scheme.

Simply:

1. Follow/connect with the Suffolk Sexual Health Service on Instagram.
2. Save and share the image below to your Instagram to let your followers know that you are an eC-Card venue.



Could your organisation become an eC-Card venue?

Do you support young people? Not registered as an eC-Card venue? Sign up today to provide the eC-Card scheme and connect young people with free condoms!

[Click here to find out more.](#)

Connect with us through Outreach

If you are a community organisation, education setting, professional or local group and would like to explore an outreach opportunity with our team, please get in touch by emailing provide.sshsoutreach@nhs.net.

Let's connect people with the right support, in the right place, at the right time.

That's all for this time! Take care, folks

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

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