

## Sexual Health Clinics (SHC)

Sexual health clinics are sometimes known as Genito-Urinary Medicine (GUM) clinics. These are usually located at your local hospital. You can get specialist advice and treatment at a GUM clinic for all sexually transmitted infections. This is a free and confidential service.

### Bridge House - Bedford

Bedford Hospital  
Britannia Road  
Bedford  
01234 792146

The clinic is open most mornings and afternoons Monday - Friday. Some clinics are walk-in and some are appointment only clinics. Please call 01234 792146 to check or visit

[www.bedfordhospital.nhs.uk/sexual-health](http://www.bedfordhospital.nhs.uk/sexual-health)

### Luton and Dunstable

GUM Department  
Luton and Dunstable Hospital  
Lewsey Road  
Luton LU4 0DZ  
01582 497070

The GUM Department is open Monday to Friday and offers a range of both walk-in clinics and booked appointment sessions. Several clinics run each day - including some during the early evening. Doors open at 8.30am - the reception opens at 8.45. Please call 01582 497070 to check clinic times or visit

[www.ldh.nhs.uk/GUM\\_new.htm](http://www.ldh.nhs.uk/GUM_new.htm)

## Psychosexual Counselling

Psychosexual Counselling is designed to help people who may be suffering with sexual difficulties. You can be referred to the psychosexual service by your GP or any health professional if you are experiencing sexual difficulties. There are many common problems that both males and females are referred for, such as pain during sex for women and erectile dysfunction in men. However, more complex issues such as gender identity and other issues can be addressed. For further information contact Union Street Clinic on 01234 310700 or speak to your GP.

## Chlamydia screening programme

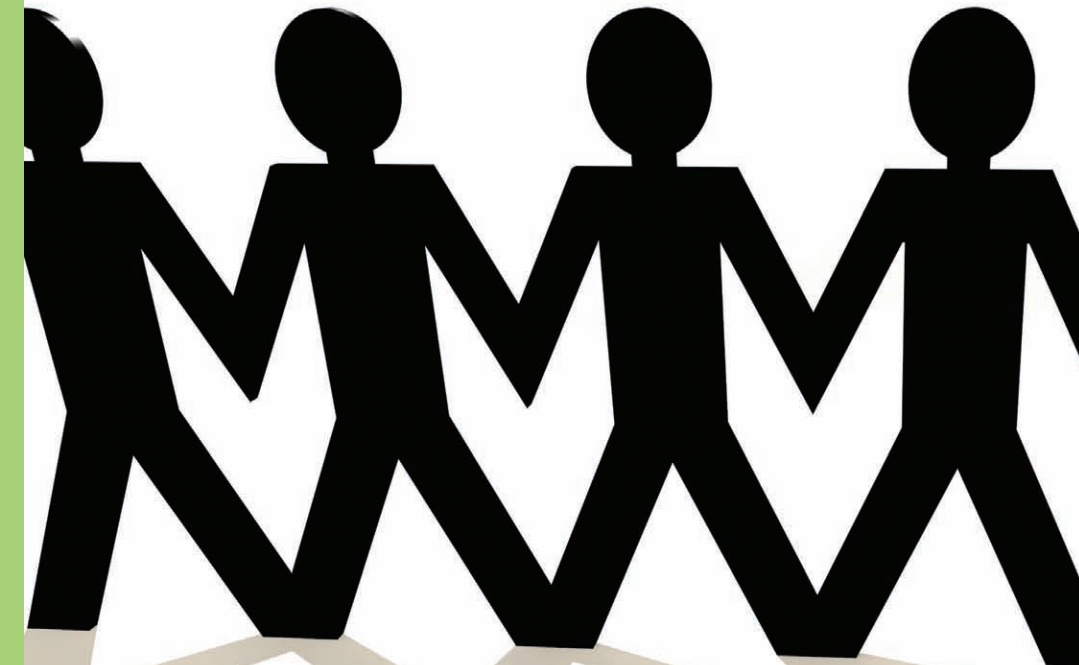
The national Chlamydia screening programme is aimed at sexually active young people aged 24 and under. Chlamydia is the most common curable sexually transmitted infection in the UK and often has no signs or symptoms in both males and females.

Screening involves the young person providing a urine sample or the choice of a self swab for females. Results are confidential and the young person can choose how they receive them, usually opting for text message. If a young person has Chlamydia they will be contacted and advised where to collect their free treatment which is usually a one off dose of antibiotics. If Chlamydia is not treated it can affect future fertility in both males and females and can cause other complications.

To obtain a free test; log onto [www.under-cover.org.uk](http://www.under-cover.org.uk) or Text TEST followed by your AGE and POSTCODE to 60777 and follow the instructions.

Further up to date information about services, contraception, sexual health advice, Chlamydia screening and teenage pregnancy, including options in pregnancy and support for teenage parents, please visit Bedfordshire's sexual health website. The website also includes information on Bedfordshire's **Condom Card Scheme**. The Condom Card scheme provides young people aged under 25 with free condoms, plus support and advice relating to the appropriate and correct use of condoms from trained professionals.

[www.under-cover.org.uk](http://www.under-cover.org.uk)



Contraceptive  
and sexual health  
services in  
Bedfordshire

## Contraceptive and Sexual Health Services

Terrence Higgins Trust and Brook provide a range of contraceptive and sexual health services on behalf of NHS Bedfordshire. A number of clinics run across the county offering sexual health information and advice, contraceptive services and testing and treatment for sexually transmitted infections (STIs).

### Terrence Higgins Trust (THT) clinics for all ages



#### Bedford

First Floor, Broadway House,  
4/6 The Broadway, Bedford MK40 2TE.  
*Monday 6pm-9pm*  
*Wednesday 2pm-5pm*  
*Thursday 5pm-8pm,*  
*Friday 9.30am-11.30am*  
*Saturday 10am-1pm*

#### Flitwick

Flitwick Health Centre, The Highlands,  
Flitwick, Bedford, Bedfordshire,  
MK45 1DZ.  
*Monday evenings*

#### Biggleswade

Biggleswade Health Centre, Saffron  
Road, Biggleswade, Bedfordshire,  
SG18 8DJ.  
*Tuesday 6pm-9pm*

#### Dunstable

Dunstable Health Centre,  
Priory Gardens, Dunstable,  
Bedfordshire, LU6 3SU.  
*Monday afternoons*

There are also outreach clinics at venues  
across Bedfordshire. For further  
information call THT on 01234 761080.

## Brook clinics for all young people under 25



#### Bedford

First Floor, Broadway House,  
4/6 The Broadway, Bedford MK40 2TE.  
*Monday 2pm-5pm*  
*Tuesday 3.45pm-6.45pm*  
*Friday 12noon-3pm*  
*Saturday 1.30pm-4.30pm*

Bedford College (students only)

Kempston Road Main site  
*Monday 10.15pm-11.45am*  
*Thursday 12.15pm-1.45pm*

#### Biggleswade

Biggleswade Health Centre, Saffron  
Road, Biggleswade, Bedfordshire,  
SG18 8DJ.  
*Thursdays 3.30pm-5.30pm*

#### Leighton Buzzard

TACTIC Centre, 17 Hockcliffe Street  
Leighton Buzzard, Bedfordshire, LU7 1EZ.  
*Wednesdays 4pm-6pm*

#### Houghton Regis

Tithe Farm Neighbourhood Centre,  
Tithe Farm Road, Houghton Regis,  
Bedfordshire, LU5 5QN.  
*Tuesdays 3.30pm-5.30pm*

#### Dunstable

Grove Corner, 76 High Street North,  
Dunstable LU6 1NF.  
*Mondays 9.45am-11.30am*

School based lunchtime clinics  
(students only) at:

Sharnbrook Upper (*Monday*)  
Mark Rutherford Upper (*Tuesday*)  
Sandy Upper (*Wednesday*)  
Redborne Upper (*Wednesday*)  
Manshead Upper (*Tuesday*)  
All Saints Academy (*Monday*)  
For further information call Brook on  
01234 761090.

## Sphere Clinics



Sphere clinics offer a variety of services including sexual health information and advice, various contraceptive methods including the coil and implant, Chlamydia screening, HIV testing and, screening and treatment for other sexually transmitted infections (STIs). This is a free and confidential service open to anyone in Bedfordshire, whether you are registered with the practice or not. Please call your practice of choice from the following list to make an appointment with the Sphere clinic.



#### Bedford

Linden Road Surgery, 13 Linden Road  
MK40 2DQ.  
Tel 01234 273272.  
*Tuesdays 4pm-6pm*

Pemberley Surgery, 32 Pemberley Avenue  
MK40 2LA.  
Tel 01234 351051.  
*Wednesdays and Thursdays 4pm-6pm*

Putnoe Medical Centre,  
93 Queens Drive, MK41 9JE  
Tel 01234 319993  
*Wednesdays 4pm-6pm*

#### Cranfield

137 High Street, MK43 0HZ.  
Tel 07762 491868.  
*Thursdays 12.30pm-2.30pm*

#### Dunstable

58 Kirby Road, LU6 3JH.  
Tel 01582 609121.  
*Tuesday 2pm-4pm*  
*Friday 9am-11am*

#### Great Barford

26 Silver Street, MK44 3HX.  
Tel 01234 870325  
*Tuesdays 2pm-3.15pm*

#### Leighton Buzzard

Leighton Road Surgery  
1 Leighton Road, Linslade, LU7 1LB.  
Tel 01525 379684.  
*Tuesdays 3.30pm-5.30pm*

#### Woburn Sands

Asplands Medical Centre, Asplands Close  
MK17 8QP.  
Tel 01908 582069.  
*Mondays 3.30pm-6pm*

#### Wootton

Wootton Vale Healthy  
Living Centre, Fields Road, MK43 9JJ  
Tel 01234 762500.  
*Tuesday 5pm-8pm*  
*Thursday 5pm-7pm*

## British Pregnancy Advisory Services



**bpas** supports women with an unplanned pregnancy, or a pregnancy they choose not to continue with. bpas provides abortion and contraceptive services free to women registered with a GP in Bedfordshire.

Women can self refer to bpas, or be referred by a GP, nurse, Brook or THT.

#### Bpas Bedford

Consultation Clinic  
First Floor  
Broadway House  
4/6 The Broadway  
Bedford, MK40 2TE.  
*Tuesdays 9.15am-2.15pm*

Clients can also be seen at Luton or Milton Keynes clinics if they prefer. These clinics are open six days a week for consultations and early medical terminations.

#### Bpas Luton

2 Gordon Street  
Luton  
LU1 2QP

#### Bpas Milton Keynes

Acorn House  
355 Midsummer Boulevard  
Central Milton Keynes  
MK9 3HP.

Appointments line: 08457 30 40 30.

## Free Emergency Contraception from community pharmacies

The emergency hormonal contraceptive pill (EHC) or 'morning after pill' is available free of charge from the pharmacies listed below. You can take EHC up to 72 hours or three days after having unprotected sex or if another form of contraception has failed. The sooner you take it the more effective it is. Even if it has been more than 72 hours since you had sex it is worth contacting your local sexual health clinic or GP as soon as possible for more help and advice.

Arlesey Pharmacy, 31 High Street  
Arlesey, SG15 6RA. Tel 01462 731200.

Asda Pharmacy - Dunstable, Court Drive  
Dunstable, LU5 4JD. Tel 01582 697021.

Berkeley Pharmacy, 30 Gostwick Road  
Bedford, MK42 9XD. Tel 01234 357733.

Boots the Chemist, 9-10 Market Square,  
Biggleswade SG18 8AS Tel. 01767 313278

C & H Barton Ltd, 79 Bedford Road  
Barton-le-Clay, MK45. Tel 01582 881263.

Janssens Pharmacy, 28 Amptill Road,  
Bedford MK42 9HG. Tel 01234 353484.

Kays Chemist, 108 Bromham Road,  
Bedford, MK40 2QH. Tel 01234 353029.

Mieklejohn Pharmacy,  
141 Harrowden Road, Bedford, MK42 0RU.  
Tel 01234 353630.

OM Pharmacy, 1 The Broadway, Bedford,  
MK40 2TJ. Tel 01234 213338.

Shortstown Pharmacy, Shortstown  
Bedford, MK42 0UD. Tel 01234 743330.

Stotfold Pharmacy, 1 Brook Street  
Stotfold SG5 4LA. Tel 01462 730249.

Wilstead Pharmacy, 1 The Cross Roads  
Wilstead MK 45 3HJ. Tel 01234 740609.

Wootton Pharmacy, 43a Tithe Barn Road  
Wootton MK43 9EZ. Tel 01234 765166.