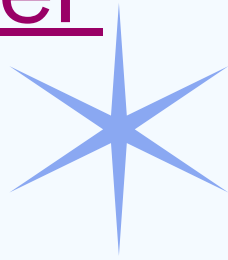


## Winter 2023 newsletter



Happy holidays to all professionals working in and around West Sussex! This edition contains information on campaigns running over the winter period; alongside sexual health news, local service access and tips and, information to stay healthy over the winter months.

### 16 Days of Activism against Gender Based Violence



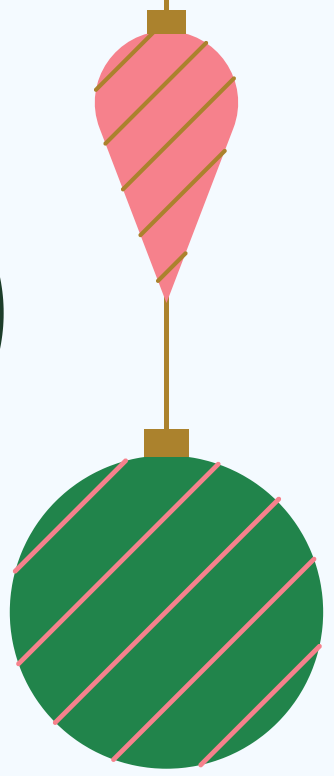
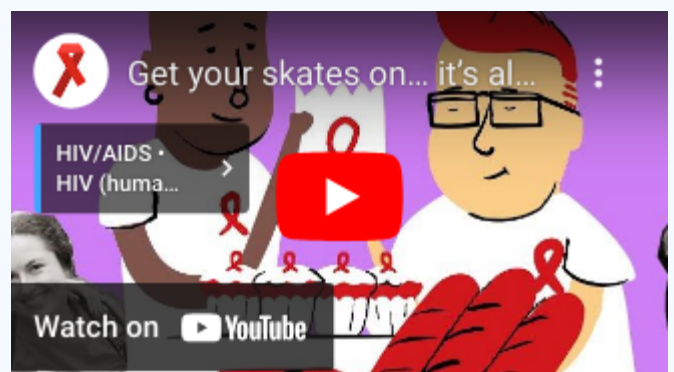
This global campaign runs from 25th November and culminates 10th December, which is Human Rights Day. The campaign calls on all citizens to end gender based violence. Sexual Health West Sussex are playing their part in the following ways:

- Routine enquiry of domestic and sexual abuse for all service users (face to face & digital)
- Bespoke professionals training and service user education
- Partnership work with West Sussex agencies to improve awareness and reduce barriers to support



1st December is a key date to remember lives lost and affected by HIV & AIDS and to make a stand against the stigma it continues to cause. You can help us end all new cases of HIV by 2030 by:

- Understanding, how and where to test for HIV - Encouraging everyone to know their HIV status is critical
- Understand how to prevent HIV. This includes: condom use, which remains the best barrier against HIV during sex, & PrEP, a tablet taken to stop HIV infection. Both are available, free of charge, from sexual health services.



For those planning on making the festive period go with a bang (or two), here are some top-tips to make sure it is a holiday to remember for all the right reasons....



- Stock up - ensure enough contraceptive and condom supplies are available to last the holidays
- Another drink? - alcohol can affect perception and can increase risks of STIs and unintended pregnancy. For more support on ways to manage, and minimise risk <https://drinkcoach.org.uk/>
- Sexual health services remain open over the festive period. For opening times <https://www.sexualhealthwestsussex.nhs.uk/>
- All a bit of a blur? - Order a test online and make sure 2024 starts on the right track

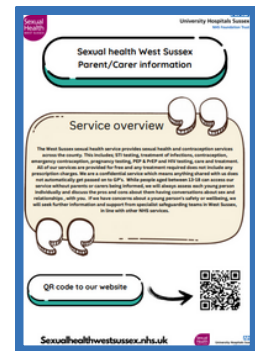


## Helping parents, carers & professionals to address sexual health



We have worked with Horsham District Council, to improve health and wellbeing access and outcomes, for young people.

We have tailored information for those supporting and caring for young people, to help them navigate sexual health and to provide advice around confidentiality and safeguarding. We are happy to share these, so please contact us if this is something of interest for your service.



## National HIV Testing Week returns for 2024



5th -11th February 2024 marks national HIV testing week. We will be working across West Sussex with our partners, to raise awareness of the importance testing plays in preventing the spread of HIV. We will also be providing opportunities for testing in community venues across the County. If you are interested in partnering with us, please do contact us via telephone or email.



## Sexual Health Promotion & Outreach Services



0800 0150 503



[uhsussex.shonline@nhs.net](mailto:uhsussex.shonline@nhs.net)

For all of our up to date information including local events we are attending please follow our social media channels:



[Sexualhealthwestsussex](https://www.instagram.com/sexualhealthwestsussex)



[WSexualhealth](https://twitter.com/WSexualhealth)



[West Sussex sexual health](https://www.facebook.com/WestSussexsexualhealth)