



Richmond Upon Thames
and Wandsworth



Sexual and Reproductive Health Service Directory



Public Health



Sexual and Reproductive Health Service Directory for Wandsworth and Richmond upon Thames

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Talking about Sexual and Reproductive Health

Sexual and reproductive health is an important aspect of overall health and wellbeing. Sex is a normal and natural part of human life but can have unintended consequences. Sex without using contraception could lead to an unintended pregnancy at any time during the menstrual cycle. And sex without using a condom can put a person at greater risk of getting a sexually transmitted infection (STI) or HIV.

Talking about sexual and reproductive health can seem awkward, but it doesn't have to be embarrassing or complicated, and you don't have to be an expert or have all the answers.

Richmond and Wandsworth council have created a short online training module using the 'Make Every Contact Count' (MECC) approach which encourages health and social care related professionals and volunteers to use the opportunities arising during their routine interactions with clients and the community to have conversations about how they might make positive improvements to their health or wellbeing. The module is accessible via the TPD online training platform:

[Course: MECC Sexual and Reproductive Health \(SRH\) eLearning](#)

The sexual and reproductive health module will help you to increase your knowledge and confidence to start conversations around Sexual and Reproductive Health with individuals who would benefit.

Sexual Health London have also produced a 'Very Brief Intervention' to guide professionals and volunteers towards starting conversations about sexual health and supporting access to further information and services.

[Sexual Health London Make Every Contact Count](#)

Sexual Health Prevention and Support



Spectra, Metro, and Kunsaka (formerly KWA) work collaboratively to deliver services to community members, across the London boroughs of **Kingston, Merton, Richmond upon Thames, Sutton, Croydon & Wandsworth on behalf of the Councils.**

Spectra's goal is to improve residents' sexual health and well-being and encourage joined up service engagement from community members and professionals alike.

Website: [Spectra | Free Health & Wellbeing Services \(spectra-london.org.uk\)](https://spectra-london.org.uk)

For queries related to the service, please contact:

Spectra: info@spectra-london.org.uk

Metro: hello@metrocharity.org.uk

Kunsaka: info@kunsaka.org

FOR All Residents

Borough: Richmond and Wandsworth, Kingston, Merton, and Sutton.

Spectra offer:

- Point-of-care HIV testing,
- Condoms, and lubricant to adults 18+ across various community sites during outreach events,
- Trans and gender-diverse services and support groups,
- Signposting across services to facilitate referrals.

If you would like to access our outreach services, please refer to our calendar of [events](#). Or visit the **website:** spectra-london.org.uk

FOR Professionals Working with Young People, Parents and Carers

Boroughs: Richmond and Wandsworth, Kingston, and Merton

Spectra offer free:

- Targeted Relationships and Sexuality Education (RSE) to schools, people referral units, social work teams / foster carer teams other organisations working with young people aged 13-25.
- Presentation topics include: consent, STIs and HIV, healthy relationships, anatomy, reproductive & sexual health, LGBTQ+ History & Inclusion.
- RSE to education settings is delivered as part of a series, or as a one-off RSE session delivery to community venues e.g. youth centres.
- During RSE sessions, young people are provided with opportunities:
 - To register with the C-Card scheme, providing access to free condoms,
 - Chlamydia screening and lubricant,
 - To speak to a trained member of staff one-to-one to ask any sensitive questions.
- As part of our Whole School, Whole Community approach, we offer free training to, parents and carers of young people and professionals working with young people aged 13-25.
- Training topics include but are not limited to:
 - How to talk to young people about sex,
 - Adolescent trauma awareness,
 - Introduction to reproductive & sexual health,
 - Relationship dynamics
 - Talking to Young People about Sexual Health & Relationships
 - LGBTQ+ inclusivity.
- Training may be delivered as one-time presentations or as part of a series.

If you would like to register interest in general RSE; training for parents, carers and/or professionals, please contact: YPServices@spectra-london.org.uk

FOR Adults who are Socially Excluded

Boroughs: Wandsworth, Kingston, and Merton

Spectra offer tailored sexual health support focused on socially excluded groups, including:

- Individuals facing homelessness
- Individuals with mental health issues
- Individuals with substance use issues
- Domestic violence survivors
- Refugees
- Adults with learning disabilities

Support includes:

- Group workshops - topics include but are not limited to consent, STIs and HIV, healthy relationships, and can be delivered as a one-time presentation or as part of a series.
- Resources and information available at various community sites - Resources available include but are not limited to condoms, lubricant, menstrual products, and hygiene products.

If you'd like more information about this service, please contact Spectra at: info@spectra-london.org.uk

FOR Individuals Currently or Previously Engaged in Sex Work*

* Please note access to this service is for individuals currently engaged in sex work and access by the public without prior discussion will not be permitted to ensure community members' safety.

Boroughs: Richmond and Wandsworth

Spectra offer:

- Regular drop-ins in secure sites where individuals can freely access general sexual health resources such as condoms, lubricant, STI test kits, menstrual sponges, as well as wider case work support including but not limited to vocational, housing & financial support.
- Attendees will have the opportunity to speak to trained staff with lived experience of sex work and be signposted on to other services, where appropriate. Tea, coffee and light refreshments are served during these events.
- Peer-led support group sessions held online twice a month for individuals to build community and receive social support.
- Free therapeutic counselling support for individuals.

If you'd like more information about this service, please contact Spectra at: info@spectra-london.org.uk

HIV Prevention and Support

HIV Prevention

Pre-Exposure Prophylaxis (PrEP) is used to reduce the risk of getting [HIV](#) (human immunodeficiency virus). It works by stopping HIV from getting into the body and making copies of itself (replicating). It only provides protection if there are high enough levels of PrEP in the body, so it's important

to take it correctly. PrEP can be used by anyone from a community or group that is most at risk of HIV, or people who have sex with people from those networks:

- HIV-negative man having condomless sex with men, and other people who have sex within these networks
- Someone with a partner (or ex-partner) with HIV
- Someone with a partner (or ex-partner) from a country with high rates of HIV
- Having condomless sex with a partner(s) and not knowing their HIV status
- Trans or non-binary people regularly having condomless sex
- People who exchange sex for money, drugs, shelter or another reason
- Injecting drug users

PrEP comes as tablets that contain 2 medicines called tenofovir disoproxil and emtricitabine. Both medicines are often also used to treat HIV.

PrEP is available from a health professional at an [NHS sexual health clinic](#).

Needle exchange services attached to substance misuse services are also an important intervention that can help prevent HIV.

St George's Hospital HIV Outpatient Services

This is a consultant led specialist HIV outpatient service. It is provided by a number of consultants between the Clinical Infection and GU medicine teams. They endeavour to see newly diagnosed patients on the same or next working day for confirmatory bloods and support around diagnosis. Health advisers are available to support primary care in the giving of an HIV diagnosis if required. Treatments include:

- Hepatitis co-infection
- TB co-infection
- Family clinic (joint paediatric and adult)
- Adolescent transition HIV clinic
- Young Persons HIV Clinic
- Counselling and psychological services
- Conception and pregnancy clinic
- Adherence to support clinics

The service does not offer HIV testing but can provide support when giving positive results.

[Outpatient HIV services](#)

To refer a patient please call reception on 020 8725 3140 and ask to speak to a nurse or health adviser.

FOR People Living with HIV And Their Families

Boroughs: Richmond and Wandsworth, Kingston, Merton, Croydon and Sutton

Metro offer peer-led support for people living with HIV and their loved ones. Support is offered in:

- One-to-one counselling,
- Family support group sessions,
- Group peer support sessions,
- Self-management,
- Courses,
- Advice and advocacy.

All outreach is tailored to the needs of the individual(s) in attendance and includes, but is not limited to:

- Education and empowerment of faith leaders,
- Distribution of hardship funds,
- Health and fitness sessions,
- Parent groups.

If you would like more information about these services, please contact:
hello@metrocharity.org.uk

Sexual Health Clinics

Kingston & Richmond Sexual Health Clinics

FOR All

Borough: All

All sexual health services are open access meaning people can attend any service, regardless of where they live. Kingston hospital runs The Wolverton, sexual health, contraception and HIV service. Services include:

- Advice, testing and treatment of STIs (sexually transmitted infections)
- Emergency contraception (Hormonal and IUD).
- Pre Exposure Prophylaxis (PrEP) for HIV
- Post Exposure Prophylaxis (PEP) for HIV – treatment given following sexual exposure to HIV. This is also available from Emergency Departments out of hours if needed.
- Routine (Pills, Patch & Ring) and Long Acting Reversible (Coil, Implant & Injection) Contraception.
- Free condoms
- Pregnancy testing and pregnancy options support
- Dedicated access for young people – The Point service
- Dedicated access for LGBTQ+ individuals – The K2 service

- Dedicated access for patients with learning difficulties
- Dedicated access for sex workers or those in the adult entertainment industry
- Follow up support for sexual assault.
- Ongoing care for patients diagnosed with HIV
- Specialist clinics for individuals with more complex sexual health conditions or needs

Kingston and Richmond NHS Trust

Address: Galsworthy Rd, Kingston upon Thames KT2 7QB

Telephone: 020 8974 9331

www.sexualhealthkingston.co.uk

Off The Record (OTR)

FOR Young people aged 11–24 living working or studying in Southwest London

Boroughs: Richmond Upon Thames



OTR is a young person's (11–24-year-olds) specific sexual health clinic in Twickenham for those who live, study, work or socialise in Southwest London.

OTR service is free and confidential and includes the following services:

- Sexual Health Walk in service:
- Walk-in information,
- Pregnancy testing,
- Contraception e.g. the pill, condoms, the contraceptive injection,
- Emergency contraception (morning after pill),
- Chlamydia testing (and referral for other STI screening),
- Referral for termination of pregnancy,
- Drop-in face to face and online counselling services

Telephone: 0208 744 1644

Lines are open 8am – 6pm, Monday to Friday. A recorded message gives useful information outside these hours.

Address: Off the Record, 2 Church Street, TW1 3NJ

Website: otrtwickenham.com

Sexual Health Clinic, Falcon Road

For All

Borough: Richmond and Wandsworth, and Merton



This centre manages complex sexual health issues, led by nurses and doctors. It offers a comprehensive sexual health service including but not limited to contraception, access to PrEP and PEP, support about gender identity or sexuality and testing for sexually transmitted infections (STI's).

Website: [Falcon Road \(Wandsworth\) \(shswl.nhs.uk\)](http://shswl.nhs.uk)

Directions: [Google Maps](#)

Booking and Information Telephone line: 0333 300 2100

Lines are open 8am - 6pm, Monday - Friday. A recorded message gives useful information outside these hours.

Address:

160 Falcon Road
Wandsworth
SW11 2LN

Adult walk-in Clinic: check website for opening times

Young persons (U18s) walk-in clinic: Wednesdays 3pm-6pm (check website)

General appointments: Check website

Walk in clinics are a walk-in and wait service. Early arrival is advised as clinics can close earlier due to demand capacity.

Sexual Health Clinic, Patrick Doody

For All 9

Borough: Richmond and Wandsworth, and Merton

For routine sexual health and contraception service led by our nursing team and booked appointments with doctors.

Website: [Patrick Doody Clinic \(Merton\):\(shswl.nhs.uk\)](http://shswl.nhs.uk)

Address: 79 Pelham Road, Wimbledon, SW19 1NX

Booking and Information Telephone line: 0333 300 2100 Lines are open 8am to 6pm Monday to Friday. A recorded message gives useful information outside these hours.

Young Person's Clinic

FOR Young people (18 or under) in Southwest London

Borough: Richmond and Wandsworth, and Merton

This service provides free and confidential access to information and advice on any sexual health issue as well as a full range of contraception, testing & treatment for sexually transmitted infections (STIs) and support for pregnancy options (including counselling and making arrangements for abortion or continuing pregnancy).



**Sexual Health
South West London**

Young person's clinics offer a drop-in service, no appointment necessary, just walk-in. **Available at:**

- [Patrick Doody Clinic](#)
 - **Open:** Mondays 3pm - 6pm
 - **Address:** 79 Pelham Road, SW19 1NX
- [Falcon Road Clinic](#)
 - **Open:** Wednesday 3pm – 6pm
 - **Address:** 160 Falcon Road, SW11 2LN

➤ Off the Record

- **Open:** Mondays 3pm – 6pm
- **Address:** 2 Church Street, TW1 3NJ

Website: [Young people: Sexual Health Southwest London \(shswl.nhs.uk\)](http://shswl.nhs.uk)

Booking and Information Telephone line for all clinics: 0333 300 2100

Lines open 8am - 6pm, Monday to Friday. A recorded message gives useful information outside these hours.

Sexual Health Clinic for d/Deaf People

For d/Deaf people*

*You do not have to be a BSL user to use this service

Borough: Richmond and Wandsworth



**Sexual Health
South West London**

A sexual health clinic specifically for the d/Deaf community. It is run one Friday each month (subject to change), by Dr Rose Balázs, a GP registrar in Southwest London who uses British Sign Language (BSL). There will be BSL interpreters present throughout the day to make the clinic fully accessible.

Booking: [Book a sexual health appointment for d/Deaf patients](#)

Sexual Health Online

Come Correct



FOR Young people

Borough: Richmond and Wandsworth, Sutton, Kingston upon Thames, Merton

An online service that provides sexual health information and resources. This service allows online and in person registration for the c-card, which gives young people access to free condoms at a variety of locations (Outlets) displaying the Come Correct logo. Check out the website to find the locations of Outlets in your borough.

Website: [Home - Come Correct](#)

Get it (Metro Sexual Health)

FOR Young People of Ages 16-24

Borough: Richmond and Wandsworth

This free online service allows you to order chlamydia & gonorrhoea test kits, and condoms. You can also register for a c-card, and get access to advice, guidance, and information throughout the website.



Website: getit.org.uk

Getting It On



Getting it on...

FOR Young people 13 – 19
years old

Borough: Richmond and Wandsworth, Sutton, Merton, Kingston upon Thames and Croydon

An online website designed for young people in Southwest London, to provide trusted advice and information on services including **mental health, sexual health, drugs and alcohol, and relationship problems.**

Getting it on is your go-to for local services. Their aim is to provide young people who need help and support, or who are uncomfortable with asking for help, easy access to relevant services at a time they need them most and without the fear of being judged.

Website: gettingiton.org.uk

Sexual Health London (SHL)



FOR All

Borough: Richmond and Wandsworth, Sutton, Merton, and Kingston upon Thames

SHL is London's new sexual health e-service that provides free and easy access to sexual health testing via the internet and local venues.

- The service is available to people aged 16 and over who are residents in eligible London Boroughs.
- The service provides testing for a range of sexually transmitted infections including chlamydia, gonorrhoea, HIV, syphilis, hepatitis B and hepatitis C via samples you can collect at home.
- The Clinical team will keep you updated with the progress of your order or test results. When your results are ready, SHL will send you a text or email.
- In Richmond upon Thames, residents can also order routine and emergency contraception via SHL.uk

Register to order on the website: [Sexual Health London • SHL.UK](http://SexualHealthLondon.org.uk)

HIV & STI Free Testing



FOR All

Borough: Richmond and Wandsworth

SH24 Free Testing website: [Free HIV Kits for testing at Home](#)
[| Freetesting HIV](#)

HIV and syphilis test kits are available for free for residents of Richmond and Wandsworth. Depending on your eligibility there are 2 options for HIV testing.

- A rapid self-test – gives you an immediate result. You do the test yourself and then let us know the result.
- A lab test – you take a blood sample yourself and post it to a lab. They'll text you when your result is ready. You can also opt to have the same sample tested for syphilis.

South West London, Healthier Together

FOR All

Borough: South West London



Healthier Together

Healthier Together is a website that provides information and advice on a range of common conditions that affect **ALL** residents of all ages throughout their life. Healthier Together provides vital information about pregnancy, babies under 3 months, children and young people, mental health and wellbeing (including exercise, nutrition and substance mis-use) as well as sexual health information.

Key topics include:

- About Sex,
- Consent and the Law,
- Contraception,
- Getting Hold of Emergency Contraception,
- Pregnancy & child health
- Sexually Transmitted Infections
- LGBTQ+ information and support

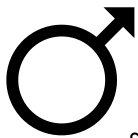
Website: [SW London Healthier Together](#)

Emergency Hormonal Contraception

@ Pharmacies, GPs and Sexual Health Services

FOR Women aged 13-24 in Richmond & 13-54 in Wandsworth

Borough: Richmond and Wandsworth pharmacies



Emergency contraception can prevent pregnancy in most cases if acted upon within 5 days (or 120 hours) of having unprotected sex and is free of charge to women up to defined ages.

There are different types of emergency contraception; the emergency contraceptive pill (used to be known as 'the morning after pill') and the IUD sometimes called 'the coil' – this is the most effective emergency contraception.

All methods are very effective at preventing pregnancy if they are used as soon as possible after unprotected sex while emergency contraception can work well, it's not as effective as using other methods of contraception regularly.

An IUD or 'the coil' can be fitted within 120 hours (5 days) of having unprotected sex or five days after the earliest time someone could have ovulated to prevent pregnancy. IUDs can only be fitted by a trained fitter at a sexual health clinic or a GP surgery.

If you have the IUD fitted as emergency contraception you can then use it as your regular method of contraception.

Use the [NHS website](#) to find emergency contraception.

Emergency Contraception Online

FOR Women aged over 16

Borough: Richmond

SHL.UK offers emergency contraception to people over the age of 16.



Users will need to Register or Login into SHL.UK and choose the type of contraception they need. They will then be asked a few questions about their health and personal circumstances and can also choose to have a pregnancy test, and condoms supplied with emergency contraception.

The service directs users to a Lloyds Pharmacy Online Doctor where they will complete a full consultation which is reviewed by a clinician to assess whether it's medically suitable.

If prescribed contraception, it can either be collected from a Lloyds Pharmacy or be delivered by post.

Contraception

Healthcare professionals are legally allowed to provide contraceptive advice and treatment to young people under the age of 16 without parental consent.

Contraception in Pharmacies

FOR Women aged up to 54

Borough: Richmond, Wandsworth, Kingston, Sutton

Contraception is any method, medicine, or device used to prevent pregnancy.

Most methods of contraception do not protect against sexually transmitted infections. Condoms are the only widely available contraception that offer this protection.

The NHS Pharmacy Contraception Service is a free of charge service available in selected pharmacies and accessible through online booking. The service is suitable for patients from when they have started their periods and up to age 49 for the combined oral contraception, and age 54 for the progesterone-only pill.

Refer to the [NHS website](#) to find a local pharmacy participating in this scheme.

Contraception Online

FOR Women aged over 16

Borough: Richmond



www.SHL.UK offers regular and emergency contraception to people over the age of 16. It is for people who want to start using contraception or continue their current method.

Users will need to Register or Login into SHL.UK and choose the type of contraception they need. They will then be asked a few questions about their health and personal circumstances and can also choose to have a pregnancy test, and condoms supplied with emergency contraception. The service directs users to a Lloyds Pharmacy Online Doctor where they will complete a full consultation which is reviewed by a clinician to assess whether it's medically suitable. If a blood pressure measurement is needed, they may have to go to a pharmacy to get it checked.

If prescribed contraception, it can either be collected from a Lloyds Pharmacy or be delivered by post.

Long-Acting methods of Reversible Contraception (LARC)

FOR Women aged over 13

Borough: Richmond & Wandsworth

Many sexually active women want to use a method of **contraception** that is safe, reliable and doesn't require too much thinking about. There are four methods of contraception available that do this. Together they are known as LARC methods (this stands for 'long-acting, reversible contraception'). The methods are:

- The implant
- The intrauterine device (IUD)
- The intrauterine system (IUS)
- The injection

Once a LARC method is fitted, it doesn't need to be replaced for three years (implant) or for five to ten years (coils). It will still work even if a person becomes ill or sick. It can also be removed easily if the person decides they want to have children.

Getting a coil or implant is easy but may involve a couple of appointments; one to discuss choice and suitability, the second usually needs a booked appointment for the fitting.

For routine contraception, including LARC patients are advised to first contact their GP. Many GP surgeries have trained LARC fitters.

Brook have developed a tool for people to help decide the best method of contraception for them using an online quiz: [Best contraception for me: Quiz](#)

Relationships & Wellbeing

Boys and Young Men Service

For **Boys and Young Men** aged **13-19** years old and up to **25** with **SEND**

Borough: Wandsworth

Free 1-to-1 mentoring and group workshops. These sessions aim to help young men build resilience, encourage healthy behaviours and relationships, improve wellbeing, and empower young men to thrive.

Topics include:

- Healthy masculinity
- Sexual health,
- Positive relationships,
- Staying safe online,
- Social and emotional wellbeing,
- Consent,
- Self-esteem,
- Gender and sexuality,
- Discrimination,
- Harm reduction,
- Emotional literacy,
- Identity

For further information contact: info@spectra-london.org.uk

Website: spectra-london.org.uk

Insta: [@spectra_london](https://www.instagram.com/spectra_london)

0-19 Health Visiting and School Health Services

FOR Parents with young children aged 0-5

Boroughs: Richmond and Wandsworth

Health Visiting

The first 1,001 days mark the moment of conception through to a child's second birthday and have been found to be crucial for laying the foundations for future development and preventing illness in later life.

The Health Visiting Service, provided by Central London Community Healthcare (CLCH) NHS Trust, provides support and advice to all resident children aged 0 to 5 years old and their families.

The service promotes health, early detection of problems, accident prevention and immunisation. A major role is played in child protection. Any child who is a Wandsworth resident can use this service. Help provided by the service includes:

- 'Well Baby' clinics

- Postnatal groups
- Parenting support
- Home visits
- Breastfeeding clinics and support groups
- Baby and child developmental assessments
- General family health advice

Find out more about [the service in Richmond and Wandsworth](mailto:clcht.0-19wandsworthandrichmondadmin@nhs.net).
clcht.0-19wandsworthandrichmondadmin@nhs.net
 0330 058 1679

FOR Young people aged 5-19

Boroughs: Richmond and Wandsworth

School Health

The School Health Service helps children and young people to develop the skills they need to manage the challenges they face in school, at home, in their personal lives or online. The service focuses on:

- Supporting children at risk
- Supporting those experiencing emotional difficulties or mental health problems
- Weight management and obesity prevention (includes the National Child Measurement Programme)
- Building strong, supportive relationships with local schools
- Close working with GPs and other health services, the Council, Achieving for Children and the voluntary sector

CLCH provides more information about the [School Nursing Service](#)

clcht.0-19wandsworthandrichmondadmin@nhs.net
 0330 058 1679

FOR Young people and parents

Boroughs: Richmond and Wandsworth

Chat Health



ChatHealth is a safe and easy way for young people and parents of young children **to chat online with a qualified health professional**. The Central London Community Healthcare NHS Trust school nursing team helps young people aged 11-19 in schools and parents of young children aged 5-19 across Wandsworth and Richmond, with advice through ChatHealth on the following:

- Sexual health
- Changes in your body
- Gender identity
- Emotional wellbeing

- Keeping safe and healthy
- Sleep
- Bullying
- Behaviour
- Drugs and alcohol

Chat health: 07480 635996

clcht.0-19wandsworthandrichmondadmin@nhs.net

www.chatthealth.nhs.uk

Fathers

FOR Fathers

Boroughs: All

Fathers play a critical role within families. Whilst attention is paid both physically and from a mental health aspect for mothers during and beyond the maternity period, many fathers' mental health is not acknowledged or considered and is often overlooked.

According to the Institute of Health Visiting (2021) Approximately 10% of fathers experience perinatal mental illness, and 25-50% of fathers will experience perinatal anxiety or depression when the mother also has a perinatal mental illness. The number of men who become depressed in the first year after becoming a dad is double that of the general population. Twenty five percent of dads experience mild depressive symptoms and around 10% to 12% have a diagnosis of depression. – NCT (2022)

[PANDAS Foundation](#) recognises and encourages support for fathers and carers from conception through to birth and beyond.

PANDAS operate a whatsapp messaging service 07903 508334 and a free bookable callback service operated by a trained team of volunteers. Local support groups operate in Richmond and near Wandsworth.

The Well Centre

FOR Young people aged 11-20

Boroughs: Wandsworth



The Well Centre is a young people's health and wellbeing service run by [Herne Hill Group Practice](#) for young people in Wandsworth aged 11-20. It **provides access to GPs, a counsellor and team of Health & Wellbeing Practitioners.**

On meeting a young person a member of the team will undertake a holistic assessment known as the Teen Health Check. This will help them identify a tailored support plan for each young person. The well centre supports:

- physical or mental health concerns
- Advise on smoking
- Advise on healthy eating and exercise
- Contraception and sexual health advice
- Prescribe medication
- Relationships
- Bullying
- Self-esteem
- Managing stress
- Confidence and Identity
- Referrals to community youth activities

It also has a drop-in clinic for young people on Mondays after school:

Call: 0208 473 1581

Email: lamccg.thewellcentre@nhs.net

Visit: www.thewellcentre.org

Support for LGBTQ+ Community and Allies

FOR LGBTQ+ Young people

Borough: Wandsworth & Richmond



Free2B Alliance is a London based Community Interest Company with the aim of supporting lesbian, gay, bisexual and transgender individuals, those questioning their sexuality &/or gender, plus individuals who define themselves by alternative identities (LGBTQ+).

Free2B provide a unique provision in delivering three distinct, yet interrelated services:

- support for young people
- support for parents
- LGBTQ+ training for organisations & education establishments.

Their core aim is to provide a safe, social space for LGBTQ+ young people and parents to be able to come together, share common experiences and 'be themselves' without fear of discrimination.

Current services:

- [The Gap youth club](#) for young people aged 13-19+
- [Gapsters](#) junior youth groups for young people ages 9-14
- [Free2Talk 1:1](#) mentoring for young people aged 13-19

- [Proud Parents](#) for parents of LGBTQ+ children
- LGBTQ+ awareness training

[Diversity Role Models](#) is a charity working with schools to end LGBTQ+ bullying by harnessing the power of storytelling to build empathy and celebrate difference. They offer student workshops for [primary](#) and [secondary](#) schools, [staff training](#) and [parent and care workshops](#)

[Stonewall](#) is an organisation that is passionate about the rights of the LGBTQ, they provide resources, [primary & secondary](#) school toolkits and [guidance for schools](#) to create a supportive, inclusive environment for all.

FOR LGBTQ+ for all ages

Borough: Wandsworth



Queer Wandsworth, previously known as Wandsworth LGBTQ+ Forum, campaigns locally, across London and nationally to raise awareness and promote the interests of LGBTQ+ people. It offers a broad programme of advocacy, health and cultural activities for LGBTQ+ people of all ages. The Forum have embraced provision of sexual health, primary care, cancer and mental health services and promotion of cultural and inclusion projects in

partnership with other organisations such as the Furzedown Project and Clapham Picturehouse.

contact@queerwandsworth.org



London Friend is the UK's oldest Lesbian, Gay, Bisexual and Trans charity. The charity supports the health and mental wellbeing of the LGBT community in and around London.

London Friend offers counselling and support around issues such as same-sex relationships, sexual and gender identity and promoting personal growth and self-confidence. It also runs Antidote - the UK's oldest LGBT drug and alcohol service. Their social group provides a safe space to meet and socialise as an alternative to the bar and club scene.

Services are delivered by trained Lesbian, Gay, Bisexual and Trans volunteers. The services currently provided include:

- [Counselling](#)

- [Antidote Drug & Alcohol Support](#)
- [Social & Support Groups](#)
- [Volunteering Opportunities](#)
- [Resources and Training for Professionals](#)

Website: www.londonfriend.org.uk

Psychosexual Health

FOR All residents aged 18+

Borough: Richmond, Wandsworth & Merton

Psychosexual counselling service is designed to support individuals seeking help with psychosexual issues.

Spectra are offering a safe, confidential, and non-judgmental environment where you can explore your thoughts and feelings. Spectra's experienced counsellors are here to assist you in navigating a range of issues, whether they relate directly to psychosexual concerns or other aspects of your mental and emotional well-being.

Spectra provide compassionate and professional care to help you achieve a healthier and more fulfilling life.

For more information about this service and for the **Professional referral e-form** and **Individual self-registration e-form** please see the website:

www.spectra-london.org.uk/counselling/psychosexual-counselling/

For further inquiries, please contact us at: psychosexualcounselling@spectra-london.org.uk

Supported Loving for People with Learning Difficulties

FOR Adults with autism and people with learning difficulties

Borough: All



enjoy the same sexual and romantic freedoms as everyone else.

Choice Support have been supporting autistic people, people with learning disabilities and those with mental health needs lead fulfilling lives for over 40 years. Choice Support run the Supported Loving national network that promotes best practice with the goal of getting people with learning disabilities and autistic people the support they need, to

Supported Loving has been supporting the rights of people with learning disabilities and autistic people and working to identify the barriers they face in having intimate relationships.

Through research, training, creating resources and accessible information on sex and relationships. The network has produced a [series of guides](#) to help support people with issues surrounding sexuality and relationships.

Visit: www.supportedloving.org.uk

Coming out of Prison

FOR People released from prison

Borough: All

People released from prison should have access to the full range of community services available. It is good practice to ensure a prisoner is signposted to appropriate services and registered with a GP before they are discharged.

Turn2us provides useful information and services to help support those coming out of prison: [Benefits and Other Help for Prisoners on Release | Turn2us](#)

Women in Prison (WiPS)

FOR People engaging in chemsex

Borough: Wandsworth, Lambeth, Lewisham, Croydon, Bromley, Sutton, Southwark

[Women in Prison](#) (WiPS) is a national charity that provides support for women who have had contact with the Criminal Justice System (CJS). They deliver support to women in prisons, in the community and through our Women's Centres. There is a Women's Hub in Wandsworth as part of The South London Women's Hubs project, which is supported by MOPAC (Mayor of London Office for Policing and Crime) and run in partnership with Pecan. It offers a safe and confidential space for advice and support for women affected by the CJS.

The Hubs provide one-to-one practical and emotional support, group workshops, Peer Mentoring and drop-in advice sessions. Women are supported to address a range of needs, including:

• Finances and debt	• Employment	• Court	• Education
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• Welfare Benefits	• Parenting	• Health	• Exiting prostitution
• Leaving prison	• Harmful substance use	• Housing	• Domestic abuse

- **Website:** [Women in Prison — National charity providing specialist support services for women by women](#)
- **Contact and referrals:** sla.referrals@wip.cjsm.net
- **For general enquiries:** info@wipuk.org
- **Telephone:** 0203 869 2170

Chemsex

FOR People engaging in chemsex

Borough: All

Chemsex is used to describe intentional sex under the influence of psychoactive drugs and is most associated with Gay Bisexual and Men who have sex with Men (GBMSM), though there is some evidence to suggest it is also increasing in heterosexual relationships. It refers particularly to the use of mephedrone, γ-hydroxybutyrate (GHB), γ-butyrolactone (GBL), and crystallised methamphetamine. It can also include use of alcohol with psychoactive substances.

These drugs are often used in combination to facilitate sexual sessions lasting several hours or days with multiple sexual partners. Users report using psychoactive substances to reduce inhibitions, increase pleasure and to manage negative feelings, such as a lack of confidence and self-esteem, internalised homophobia, and stigma about their HIV status. A study in south London suggested that chemsex is practiced by a minority of GBMSM yet barriers to accessing services exist. To this end some sexual health services have developed specific chemsex clinics.

Chelsea and Westminster Hospital offers a [Chemsex Clinic](#) at Dean Street.

Sexual Health and Aging

FOR Adults aged 40 and over

Borough: All

People may remain sexually active well into older age, however, the sexual health needs of this group are often overlooked. Due to changes in the body in older age, such as increased physical health needs, sexual activity may be adapted to account for this.

Physical health issues such as cardiovascular disease can have a big impact on sexual health and lead to sexual dysfunction. Sexual dysfunction may also indicate an underlying issue with cardiovascular health.

The [NHS Health Check](#) is a free check-up offered in pharmacies and GPs for people who are aged 40 to 74 to check overall health. It can also identify whether people are at higher risk of getting certain health problems, such as:

- [heart disease](#)
- [diabetes](#)
- [kidney disease](#)
- [stroke](#)

STI rates have also been increasing amongst older people. While condoms are effective in stopping STIs from spreading older people many may not use them because of lower chances of getting pregnant.

Older people often received less SRH education at school age, signs/symptoms of STIs may be overlooked due to lower perceived risk by healthcare workers and there is limited availability of contraception/sexual health advice targeted for this group.

Older people in the LGBTQ+ community and those living with HIV have also experienced significant levels of stigma and discrimination.

Healthwatch

FOR All

Borough: Richmond, Wandsworth

Healthwatch was established under the Health and Social Care Act 2012 to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf. Local Healthwatch teams:

- Obtain the views of people about their needs and experience of local health and social care services and make these views known to those involved in the commissioning and scrutiny of care services.
- Make reports and make recommendations about how those services could or should be improved.

Healthwatch Wandsworth

07434633745

information@healthwatchwandsworth.co.uk

www.healthwatchwandsworth.co.uk

healthwatch
Wandsworth

Healthwatch Richmond

020 8099 5335

hello@healthwatchrichmond.co.uk

www.healthwatchrichmond.co.uk

healthwatch
Richmond upon
Thames

- Promote and support the involvement of people in the monitoring, commissioning and provision of local health and social care services.
- Provide information and advice to the public about

accessing health and social care services and the options available to them.

- Make recommendations to Healthwatch England to advise the CQC to carry out special reviews or investigations into areas of concern.

Relationships & Sex Education Resources Through Life

FOR People working with children and young people

Borough: All

Relationships education is compulsory for all primary school pupils, and RSE is compulsory for all secondary school pupils. For more information visit the [Department for Education's statutory guidance](#).

In partnership with Achieving for Children, Directors of Public Health and local Councillors in Richmond have developed a [statement of support](#) for schools to support the delivery of the RSHE statutory guidance. Wandsworth have developed '[Getting to Grips](#)' resource pack for schools on delivering the 2020 RSHE statutory guidance.

The DHSC [School Zone](#) contains PSHE, relationships and health education (RHE) and RSE resources, including lesson plans, PowerPoint presentations, and videos directed at KS2, KS3 and KS4 students. Lesson plans are available on [relationships](#) and [positive friendships](#), [puberty](#) and [more](#).

The [PSHE Association](#) is the national body for PSHE education. It offers its members a wide range of CPD training and resources, including SEND-specific resources, lesson plans and assessment tools to help schools and organisations to develop high-quality PSHE and RSE.

[SCARF](#) provides primary and secondary schools with fully resourced, progressive PSHE scheme covering; relationships, health, wellbeing, and drugs education.

[Jigsaw](#) offers a comprehensive set of resources to help teach PSHE and health and wellbeing to pupils aged 3 to 16.

[CWP](#) offers whole-school scheme of work covering RSE and Drug, Alcohol and Tobacco Education for primary schools.

The [Sex Education Forum](#) brings together partners and stakeholders to share best practice, research, and monitor the provision of RSE. It supports educators with high quality training, resources and a membership scheme, so they can be competent and confident providers of RSE, in partnership with parents, carers, children and young people.

[Start Talking](#) is a guide designed to support foster carers to have positive conversations about relationships and sex education with the children they care for. It was produced by the Sex Education Forum and the Fostering Network.

The NSPCC offers information, advice and short videos for parents and carers on how to talk to their children about [relationships, sex and consent](#).

[Brook](#) provides free RSE resources for schools and organisations. This includes training on the use of their [Sexual Behaviours Traffic Light Tool](#). A tool to identify, understand and respond to sexual behaviours in children and young people up to 18 years old.

The [NHS Better Health](#) campaign – Every Mind Matters offers simple guides and wellbeing tips for maintaining healthy relationships and mental wellbeing including dealing with relationship conflicts and leaving unhealthy relationships.

[Easy Health](#) has produced a series of easy read guides to help support people with learning difficulties with sexual and reproductive health information.

Reproductive Health

Period Positivity & Period Poverty

FOR **Anyone with a period**

Borough: All

Most girls have regular periods by the time they are 16, but half of girls in the UK feel embarrassed by their periods. Periods are not something to be ashamed of or feel embarrassed by. They are an ordinary part of life and talking about them is OK.

There are lots of myths out there about periods but the more we talk about them the more opportunity there is to break down myths and misunderstandings.

It's really important to begin talking about periods more openly, and not just because girls shouldn't have to feel like their period is something to hide.

Not talking about periods can impact on whether people feel comfortable seeking help if they have problems with their periods.

[Period Positive](#) is a national campaign promoting period positivity through, resources and frameworks and menstrual literacy.

Period poverty is when girls and women cannot afford or access period products and sanitation facilities to support their menstrual health.

Not only is this happening around the world, but right here in the UK, at least 21% of girls and young women struggle to afford period products. Period poverty is very common and can affect people differently, if girls and women can't afford access period products they may:

- Borrow them from a friend or family member.
- Use toilet paper, fabrics, newspaper or socks.
- Cut back on groceries or bills to afford period products.
- Miss school, college or university due to feeling embarrassed.
- Feel shame or blame themselves because of their financial situation and not being able to afford menstrual care.

There are local [hygiene banks](#) in Richmond and Wandsworth that supply period products to local charities.

[Hey Girls](#) provide a downloadable app and website advertising where to access free menstrual products.

Schools can also apply to the [period product scheme](#) to get free period products for girls and women in their place of study. The scheme is available to [state-maintained schools](#) and Department for Education (DfE) funded 16 to 19 education organisations in England.

Family Nurse Partnership

FOR Young parents to be aged up to 24

Boroughs: Wandsworth



The Family Nurse Partnership is an intensive, structured, home visiting programme.

This service is available to first time mums and dads under the age of 20 years (care leavers aged 20-24 are also eligible). Parents using the service receive:

- a visit from a family nurse;
- help and advice on having a healthy pregnancy; and
- support in being the best mum or dad you can be.

Health professionals and expectant mums and dads can contact the team for more information and advice.

Tel: 07586 427 703

E-mail clcht.fnpwandsworth@nhs.net

Website [Family Nurse Partnership Wandsworth](#)

Cervical Screening

FOR: Women and people with a cervix aged 25 to 64

Boroughs: Richmond and Wandsworth

Cervical screening, which used to be called smear test, is a test to check the health of the cervix and help prevent cervical cancer.

Who is Eligible?

Cervical screening is offered to women and people with a cervix aged 25 to 64. The frequency of the tests depends on age:

Ages 25 to 49: Every 3 years

Ages 50 to 64: Every 5 years

If a trans man or non-binary person has a cervix, they can speak to their GP, sexual health clinic, or transgender health clinic about getting invitations routinely.

It is important to encourage attendance for cervical screening even if they have been vaccinated against the HPV virus.

Lesbian, bisexual and women who have sex with women are much less likely to attend for cervical screening than heterosexual women. This in part may be because they are sometimes told they do not need to be screened. This is a misconception, and they should be encouraged to also attend for screening.

How to Book

Appointments for cervical screening can be booked through a GP surgery. Invitation letters include details on how to book and contacting the GP directly to schedule an appointment is also an option.

For more information visit: <https://www.nhs.uk/tests-and-treatments/cervical-screening/>

HPV Vaccinations

FOR Young people and people at higher risk from HPV

Borough: All

The HPV vaccine helps protect against human papillomavirus (HPV), a common virus that's spread through skin contact (usually when having sex).

Most types of HPV are harmless, but some types are linked to an increased risk of certain types of cancer, including cervical cancer, some mouth and throat cancers, and some cancers of the anus and genital areas. HPV can also cause genital warts.

Who is eligible

The HPV vaccine is recommended for children aged 12 to 13 years old, and young people remain eligible for the vaccine until their 25th birthday.

The vaccine is also recommended for people at higher risk from HPV, including men aged 45 and under who have sex with men. It is also sometimes recommended for any transgender people who are felt to have the same risk as men who have sex with men, sex workers and people with HIV.

Where to get vaccinated

There are different ways to get the HPV vaccine.

Children aged 12 to 13 (school year 8) are routinely offered the HPV vaccination in secondary school. In Richmond and Wandsworth, school immunisations are provided by the South London Children and Young People's Community Immunisation Service (CYPCIS). Young people who are not in school can get the HPV vaccination at a CYPCIS community clinic. More information about the CYPCIS and details about community clinics can be found on their [website](#).

Girls under 19 and boys born after 1 September 2006 who missed having the vaccine at school can catch up on their HPV vaccinations at any point during their school career at a community clinic. Details about community clinics can be found on the [CYPCIS website](#).

Girls between the ages of 19 and 25 who missed having the vaccine at school should contact their GP to arrange an appointment.

Men aged 45 and under who have sex with men, and other people at higher risk of HPV can attend a sexual health or HIV clinic to get vaccinated against HPV.

Individuals moving from abroad

Males and females moving to the UK from overseas who have not been offered protection against HPV in their country of origin and who meet the eligibility criteria for HPV vaccine should be offered vaccine. This would include both females born on/after 1 September 1991 and males born on/after 1 September 2006 if they are under 25 years of age, and gay, bisexual and other men who have sex with men attending specialist sexual health services up to 45 years of age. Refer to the [Vaccination of individuals with uncertain or incomplete immunisation status algorithm](#) if required.

For more information on the HPV vaccine visit the [NHS](#) and [CYPCIS](#) websites.

Infertility

FOR Adults having difficulties conceiving

Borough: All

Infertility is when a couple cannot get pregnant despite having regular unprotected sex.

Fertility is a sensitive subject that people may find difficult to talk about. Having a caring attitude and offering reassurance and acceptance may help a person experiencing difficulties with fertility feel more comfortable talking about this subject.

Fertility can be affected by several factors and some untreated STIs can also have an impact on fertility.

If a person is having difficulty getting pregnant after a year of trying, they should see their GP.

A GP will be able to perform an initial assessment and provide advice and information, as well as carry out some tests and refer someone on to other services if necessary.

For more information on infertility direct people to the [NHS Infertility](#) webpages

Miscarriage and Stillbirth

FOR People who lose a pregnancy

Borough: All

A miscarriage is a loss of a pregnancy during the first 23 weeks of pregnancy. Stillbirth is when a baby is born dead after 24 completed weeks of pregnancy.

Miscarriage

The majority of miscarriages cannot be prevented, but risks can be reduced by avoiding alcohol, smoking and drug use during pregnancy, being a healthy weight and eating a healthy diet, before and during pregnancy. Miscarriages are more common than people think, with around 1 in 8 known pregnancies ending in miscarriage.

Miscarriages can be emotionally and physically draining. Support and advice is available from hospital and counselling services and charity groups. Some people also find it beneficial to hold a memorial for the baby.

Miscarriages ending before 24 weeks do not need to be formally registered, but parents can now get a certificate in memory of their baby should they want one [Request a baby loss certificate - GOV.UK](#)

Many people affected by a miscarriage experience a bereavement period, feeling tired, loss of appetite or have difficulty sleeping. Miscarriage can also cause feelings of anxiety and depression for either or both partners.

[The Miscarriage Association](#) offers support to people who have lost a baby and may be able to offer a support volunteer. [0303 003 6464](tel:03030036464) / info@miscarriageassociation.org.uk

[Cruse Bereavement Care](#) helps people understand grief and cope with loss. 0808 808 1677. Cruse also offer support groups in the local area.

The Employments Rights Bill 2025 introduces statutory miscarriage leave in the UK, granting up to 5 days of paid leave for employees who experience a pregnancy loss before 24 weeks, including their partners.

Stillbirths

Many stillbirths happen in otherwise healthy babies and the reason often cant be explained. Not all stillbirths can be prevented, but risks can be reduced:

- not smoking,
- avoiding drugs and alcohol & limiting caffeine,
- being a healthy weight & avoiding certain foods,
- avoid sleeping on the back after 28 weeks
- being up to date with immunisations,
- attending antenatal appointments,
- reporting pain, itching, bleeding and concerns regarding the baby's movements to the midwife.

Information about what happens when an unborn baby dies is available on the NHS conditions web pages: [Stillbirth - What happens if your unborn baby dies - NHS](#)

After a stillbirth bereavement support is available from a bereavement midwife and also from charities such as [Sands](#), The stillbirth and neonatal death charity.

0808 164 3332 / helpline@sands.org.uk

Pelvic Health

FOR Young people and adults

Borough: All

Roughly 1 in 3 women experience urinary incontinence 3 months after pregnancy, and around 1 in 7 experience anal incontinence 6 months after birth. One in 12 women report symptoms of pelvic organ prolapse, which is when one or more of the organs in the pelvis slip down from their normal position and bulge into the vagina. These distressing issues can affect women's ability to work, their sexual and social relationships, and their mental health.

Pelvic health is important to maintain both pre and post birth. Women often report a lack of confidence to self-manage symptoms related to pelvic health, a hidden condition that is commonly normalised and misunderstood. These issues can be improved with early evidence-based support.

The NHS provides information on a range of [Women's Health](#) issues including [pelvic health](#), managing [pelvic pain](#) and [pelvic inflammatory disease](#).

[Get U Better App](#) is a downloadable self-management tool that can be used to promote pelvic health.

Termination of Pregnancy

FOR Young people and adults

Borough: All

Some people who become pregnant may not wish to continue their pregnancy and this can be for various reasons. People not wishing to continue with their pregnancy should be advised to contact their GP or a sexual health clinic and ask for a referral to an abortion service. Alternatively, they can contact an abortion service directly.

Abortion services are free on the NHS. Staff at an abortion clinic will not tell anyone about their discussion without their permission. This includes a person's GP.

There are two types of abortion – medical or surgical. A medical abortion can be done in a clinic, or sometimes at home if a person is less than 10 weeks pregnant. People should be advised **NOT to buy abortion pills online**. It is not possible to know if pills bought online are genuine or harmful. They should always be prescribed by a doctor.

A surgical abortion is usually done after 10 weeks of pregnancy but can be done before.

Spectra offer existing service users the option of a companion to support with accessing and going through the abortion process.

For anyone wishing to access a termination use NHS: [Find abortion services - NHS](#).

Information about clinics, medical abortions and after support can be accessed from the following organisations:

- [BPAS](#) or call 03457 30 40 30
- [NUPAS](#) or call on 0333 004 6666
- [MSI Reproductive Choices UK](#) call 0345 300 8090

Menopause

FOR Adults experiencing menopause or perimenopause

Borough: All

Menopause happens when periods stop due to lower hormone levels. It usually affects women and anyone who has periods. It generally happens between the ages of 45 and 55 but can happen earlier.

It can happen naturally, or for reasons such as surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy), cancer treatments like chemotherapy, or a genetic reason. Sometimes the reason is unknown.

Perimenopause is when the symptoms of menopause start but periods have not yet stopped. Menopause is from when there has not been a period for 12 months. Menopause and perimenopause can cause symptoms like anxiety, mood swings, brain fog, hot flushes and irregular periods. These symptoms can start years before periods stop and carry on afterwards.

Menopause and perimenopause symptoms can have a big impact on life, including relationships and work. Menopause can have an impact on many areas of our health including bones, heart, brain, joints, contraception and more. People from Black, Minority and Asian communities are less likely to seek support for menopause.

Many organisations are now starting to develop menopause policies to enable people to recognise and make reasonable adjustments for people as they age.

[Menopause Matters](#) is an independent website that provides up-to-date information on the Menopause, causes and treatments.

Website: [NHS Women's Health Pages](#)

Breast Screening

FOR All women aged 50 and over

Borough: All

Anyone can get breast cancer. It's the most common type of cancer in the UK. This includes women, men, trans and non-binary people. The chance of getting breast cancer increases with age but most breast cancers are diagnosed in women over 50 years old.

Regular breast screening can find breast cancer before signs or symptoms appear and is one of the best ways to spot a cancer that is too small to feel or see. Some people are also more likely to get breast cancer. This is sometimes called moderate risk or high risk. These include those with:

- several close relatives who have had breast or ovarian cancer or both
- a change in a gene (mutation) that makes you more likely to get breast cancer.

Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71. Breast screening saves around 1,300 lives each year in the UK.

Finding cancer early can make it:

- more likely that treatment will be successful
- less likely to need a breast removed ([mastectomy](#))
- more likely you'll be cured

As well as going for regular breast screening, it's important people know how their breasts normally look and feel. Cancers can also develop between mammograms.

People noticing changes in their breasts that are not normal should be advised to see a GP straightaway.

The NHS provides information on how to [check your breasts or chest](#)

Reproductive Health for Men

FOR Men aged 15 to 49 and over

Borough: All

Testicular cancer is cancer that's found in the testicles and is most common in men aged 15 to 49. It can affect anyone who has testicles. Symptoms of can include:

- a lump or swelling in the testicle
- a testicle getting bigger
- an ache or pain in the testicle or scrotum (the skin that covers the testicles)
- the scrotum feeling heavy, firm or hard

Men are encouraged to [check their testicles](#) regularly so they know what is normal for them. This makes it easier to notice any changes in the size, look or feel of the testicles. Men should be encouraged to see their GP if they notice changes in their testicles.

FOR Men aged 45 and over

Borough: All

Symptoms of prostate cancer do not usually appear until the prostate is large enough to affect the tube that carries urine from the bladder out of the penis (urethra). When this happens, men may notice things like:

- an increased need to urinate (pee)
- straining while urinating
- a feeling that the bladder has not fully emptied

While these symptoms should not be ignored, they do not mean a person has prostate cancer.

Prostate cancer screening involves a PSA (prostate-specific antigen) blood test to assess prostate cancer risk, but **there is no national screening programme** but people may be encouraged to screen if there are other concerning symptoms present.

Men over 50 can request a PSA test from their GP, while those at higher risk (e.g. Black men or those with a family history of prostate cancer) may be advised to test from aged 45. Tests requested by GPs and follow-up with specialists if required.

Safeguarding

Child Sexual Abuse

FOR Children and young people aged 17 and under

Borough: All boroughs

The Crime Survey for England and Wales (CSEW) estimates that 7.5% of adults aged 18 to 74 years experienced sexual abuse before the age of 16 years (3.1 million people); this includes both adult and child perpetrators. The abuse was most likely to have been perpetrated by a friend or acquaintance and; around a third (30%) were sexually abused by a stranger.



It can be very hard for children to open up about abuse and tell someone what's happened to them. They might be worried about the consequences or that nobody will believe them. They might've told someone before and nothing was done to help them. Sometimes they might not know what's happening to them is abuse and struggle to share what they're feeling. Some children don't reveal they're being abused for a long time, some never tell anyone.

The [NSPCC Talk PANTS](#) campaign supports professionals and those with caring responsibilities of children aged 3-11, to have simple and age-appropriate conversations, that can help them to keep

children safe from sexual abuse.

They also provide tips and advice about what to say to a child and how to respond if they disclose sexual abuse.

Child Exploitation & Sextortion

FOR Children and young people aged 17 and under and their parents/carers

Boroughs: Merton, Kingston, Richmond & Wandsworth

Child exploitation, including sexual exploitation can happen to any child. Public health produced a parents and carers support pack to help reduce the risk of exploitation from happening to their child and help understand what is happening if it does. The support pack considers when a child may be at risk of or experiencing exploitation or abusive relationships with peers or older adults. It provides tips and helpful information and guidance for parents and carers to prevent exploitation from happening and protect children if it does.



[Child Exploitation Parents and Carers Support Pack](#)

Sextortion & online safety

'Sextortion' is a type of online blackmail. It's when criminals threaten to share sexual pictures, videos, or information about you unless you pay money or do something else you don't want to. Although anyone can be a victim of sextortion young people aged between 15 to 17, and adults aged under 30, are often most at risk. Sextortion can happen to boys and young men as well as girls and young women.

Criminals target people through dating apps, social media, webcams, or pornography sites and may use a fake identity to befriend people online. Sextortion attempts can happen very quickly, or they can happen over a long time. People should be advised to never share sexual images or information about themselves if they are not comfortable. People can still be a victim of sextortion even if they haven't shared sexual images or information. Criminals can hack into personal accounts, or create edited or fake images or videos, like deepfakes, that appear real.

'Sextortion' can be perpetrated by organised crime groups based overseas. They are motivated by making money quickly, rather than by sexual gratification, and in some cases have gone from initial contact to blackmailing their victim in under an hour.

Even if blackmail isn't involved, sharing or threatening to share intimate photos or videos of you without your permission is illegal. The police advise is for people to stop engaging with individuals if they feel uncomfortable and to review privacy settings on devices. Criminals are less likely to target individuals if they can't see who their friends and family are.

Anyone who believes they are a victim of sextortion, or are worried they are being targeted, should **report it**. Sextortion is never the victims fault. They are not to blame and have not done anything wrong.



[Police Link for reporting sextortion](#)

[CEOP](#) is the National Crime Agency Child Exploitation and Online Protection Agency it works to keep children and young people safe from sexual abuse and grooming online. It also helps victims and parent or carers who have been victims of online exploitation.

[Kingston and Richmond Safeguarding Children Partnership \(KRSCP\)](#) outlines some helpful resources in encouraging safety whilst using technology and the internet.

[Education for a Connected World](#) is the UK Council for Internet safety (UKCCIS) framework of digital knowledge and skills for different ages and stages.

[Sexting advice from UKCCIS for schools](#) on preventative education and managing reports of sexting.

Safeguarding Children and Young People

FOR Children and young people aged 17 and under

Boroughs: Richmond & Wandsworth

It is everyone's responsibility to safeguard and promote the welfare of children and young people. You should always report your concerns, even if the person you suspect to be abusing or neglecting a child or young person is someone you know well.

If you are worried that a child or young person is at risk of being abused or neglected, you should contact:

For Richmond

If you have any safeguarding concerns, make a referral to the Single Point of Access (SPA) through the [SPA referral form](#).

You can contact the Single Point of Access (SPA) team to request support, or to report a concern about a child or young person:

- From 8am to 5.15pm, Monday to Thursday, and 8am to 5pm on Friday call 020 8547 5008
- Out of hours, phone 020 8770 5000

Kingston and Richmond Safeguarding Children Partnership (KRSCP): Ensures collaborative efforts for the safety and wellbeing of children and young people in the area. Offers guidance, policies, procedures, and training related to child safeguarding. [KRSCP](#)

The Phoenix Project: Offers one-to-one support for young people who have experienced, or are at risk of, sexual exploitation. [The Phoenix Project](#)

For Wandsworth

- [Multi-Agency Safeguarding Hub \(MASH\)](#) on 020 8871 6622
- After 5pm on weekdays and at weekends: 020 8871 6000)
- mash@wandsworth.gov.uk
- In an emergency contact the Police on 999

Evolve: Intensive support to young people and young adults (up to age 25) who are at risk of, or affected by going missing, child exploitation, gang and serious youth violence. Their work centres on the importance of creating safety in relationships.

Wandsworth Safeguarding Children Partnership (WSCP): Collaborates with various agencies to protect children from harm, abuse, and neglect. Provides guidance, policies, procedures, and training related to child safeguarding: www.wscp.org.uk

PORTUS is a local **self-harm and suicide prevention toolkit for Richmond and Wandsworth** to support schools and people working with children at risk of self-harm and suicide. PORTUS has been created by public health and mental health specialists to provide information and practical resources to help recognise and manage a child's risk.

National Support

Childline: A counselling service for children and young people under dealing with issues such as child abuse and bullying. Available 24/7 [Childline](#)

NSPCC (National Society for the Prevention of Cruelty to Children): Support and advice for anyone concerned about a child's welfare [NSPCC](#). The NSPCC have also developed the [Hackett Tool](#) for understanding harmful sexualised behaviour.

Domestic and Relationship Abuse

FOR Anyone aged 16 or over

Boroughs: Richmond & Wandsworth

Domestic abuse is defined as any behaviour which is abusive towards a person from a current or ex-partner or family member, regardless of gender or sexuality, provided they are both aged 16 or over.

The abuse could be physical or sexual abuse, violent or threatening behaviour, controlling or coercive behaviour, economic abuse, psychological or emotional abuse. It does not matter whether the behaviour consists of a single incident or forms part of an ongoing pattern of abusive behaviour. The relationship does not need to include all of these forms of abuse to be considered abusive.

There are a number of support agencies that can help in both Richmond and Wandsworth. Further details can be found on the council's website:

Richmond: [Domestic Abuse Support Services](#)

Wandsworth: [Domestic Abuse and Violence against Women and Girls Support Services](#)

Refuge

FOR All

Boroughs: Richmond and Wandsworth

Independent Domestic Abuse Advocacy (IDVA) provide free, confidential, non-judgmental and independent support and advice to anyone aged 16 and over who is experiencing domestic abuse.

To contact an IDVA:

Call: 0203 8793544 (Monday to Friday, 9am to 5pm) or

Email: Richmondwandsworth@refuge.org.uk.

Sexual Violence Support

For victims of sexual violence

Boroughs: All

- The Havens - Sexual Assault Referral Centres for people who have been raped or sexually assaulted - 020 3299 1599 (Monday to Friday, 9am to 5pm) or 020 3299 6900 for 24 hour urgent help.
- London Survivors Gateway offers emotional and practical support for children and young people aged 4-18 years old who have experienced child sexual abuse. To discuss a referral please contact: kch-tr.WellbeingSWL@nhs.net
- London Sexual Violence Helpline - call 0808 801 0770 between 10am to 12.30pm and 2.30 to 4pm Monday to Friday or 6 to 9pm on weekends
- Rape Crisis South London - call 0808 802 9999 or info@rasasc.org.uk
- National Rape Crisis - call 0808 500 2222 or use the [live chat](#)
- Solace Rape Crisis Helpline - call 0808 801 0305 (Monday and Friday 10am to 2pm, Tuesdays 10am to 1pm and 6 to 8pm, Weekends and Thursdays 1 to 5pm) or email rapecrisis@solacewomensaid.org
- Survivors Trust (including support for men)- call 0808 801 0818
- Women and Girls Network - 0808 801 0770 (Monday to Friday 10am to 12.30pm and 2.30 to 4pm, weekends 6 to 9pm)

Female Genital Mutilation (FGM)

FOR Girls and women

Boroughs: All

FORWARD

Female genital mutilation (FGM) comprises *all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons. It is a harmful practice with no health*

benefits and can cause long-lasting physical, emotional and psychological trauma; and in some cases, death.

FGM has been illegal in the United Kingdom since 1985 and the law was strengthened with the Female Genital Mutilation Act 2003 by making it a criminal offence for UK nationals to **perform** or **arrange** FGM overseas. Mandatory reporting of FGM was introduced in 2015 to professionals such as doctors, nurses and teachers whereby if a girl under the age of 18 has been identified as having had FGM the police **must** be notified.

Forward train and support professionals engaging with affected communities by raising awareness of the issues and by building their confidence to support at risk communities in ways respectful of local cultures.

If you, or someone you know, is at risk of FGM or has been affected by FGM contact Forward for information on services and one-to-one support.

Phone: +44 (0)208 960 4000, extension 1

Mobile: +44 (0)7834 168 141

Email support@forwarduk.org.uk

Honour Based Abuse

FOR Girls and women

Boroughs: All

[Karma Nirvana](#) is a National Honour Based Abuse Support charity, that has supported survivors since 1993.

Counselling Service:

Karma Nirvana provide a safe and supportive space where survivors of Honour Based Abuse (HBA) can access trauma-informed therapy, allowing for individuals to process the impact of their experiences and rebuild their emotional and mental well-being.

Contact us to use our Helpline over the phone and through email

Call UK Helpline – 0800 5999 247

Also available online at: [Contact us – Karma Nirvana](#)

Female Genital Mutilation (FGM) is often linked with other forms of harmful practices including Honour based Abuse (HBA).

Safeguarding Adults

FOR Adults aged 18 and older

Boroughs: Richmond and Wandsworth

Safeguarding is everyone's business and is about people and organisations working together to prevent both the risks and experience of abuse or neglect. It also means making sure that the adult's wellbeing is supported and their views, wishes, feelings and beliefs are respected.

Anyone who may not be able to take care of or protect themselves from abuse or exploitation could be at risk. For example, an older or vulnerable person, or someone with a disability or mental health problem.

If you have a concern that an adult is experiencing, or at risk of abuse or neglect you can report concerns on the following links:

Richmond: [Report adult abuse](#)

Wandsworth: [Report adult abuse](#)

Additional Support Services

These are just a few of the many services that can and do support people of all ages with sexual and reproductive health and related matters. For more service information please also visit:

FOR Children, Young People and Families

Richmond: [Family Information Directory](#)

Wandsworth: [Family Information Service](#)

FOR Health-Related Services

NHS Services Website: www.nhs.uk

Richmond: [Looking after your health](#)

Wandsworth: [Looking After Your Health](#)

FOR Council Services

[Richmond](#)

[Wandsworth](#)

FOR Community and voluntary services

Richmond: [Richmond CVS](#)

Wandsworth: [Wandsworth Care Alliance](#)



Share, Update or Remove your Service from the Directory

Please use the link <https://forms.office.com/e/hWBUathRwX> or the QR code below to share the details of the service that you want to update or to add a new service to our professional sexual and reproductive health directory. You can also use the link to request for your service to be removed.

Share or update your service details



This directory was last updated Sept 2025, please check relevant service webpages links for more recent information