

Chlamydia is the most common Sexually Transmitted Infection

Nottingham City **NHS** Nottingham City Council

# FREE Chlamydia Screening for under 25's

at The Victoria Health Centre

It's a simple self-taken test for men and women, confidential service and no charge for treatment.

**0115 883 9007**

[www.chlamydia-screening-notts.nhs.uk](http://www.chlamydia-screening-notts.nhs.uk)

Nottingham City **NHS** Nottingham City Council

# Ask the Pharmacist

For free emergency contraception

"That's it so easy to get emergency contraception!"

"I've got it so easy to get emergency contraception!"

"I've got it so easy to get emergency contraception!"

Are you up to 25 years old and had unprotected sex? Confidential advice and free emergency contraception are now available from your local pharmacy displaying the EHC sign.

For more information and advice go to:  
[www.nottinghampharmacist.nhs.uk](http://www.nottinghampharmacist.nhs.uk)  
 or call helpline: 0800 20 20 30  
 NHS Direct: 0845 46 47

Pharmacist Advice and Liaison Service (PALS): 0800 0630 063

Oxford Radcliffe Hospitals **NHS**

# RU 15-24?

Have you been tested for the

# love bug?

Say yes to the test!

Visit [www.sayyestothe.test.com](http://www.sayyestothe.test.com)

1 in 14 people under 25 are already infected with chlamydia

...because not enough young people are getting tested

**NHS**

We're NHS breast screening calendar girls

The earlier the diagnosis, the better the outcome. So one hour every three years is a date we never miss.

Look out for your official NHS invitation letter and visit [www.breastscreening.nhs.uk](http://www.breastscreening.nhs.uk) for more information

Nottingham University Hospital NHS Breast Screening Unit

If you need to be all boozed up to do the do, then maybe you're not ready to do it.

Think about it, girl.

Go to [nottingham.nhs.uk](http://nottingham.nhs.uk) for advice on relationships, sex and contraception, and details of your local CONFIDENTIAL service. Or call 0800 33 89 30.

**WWW.4YPBRISTOL.CO.UK**

# 4YPP Bristol

AM I WORRIED THAT I'VE GOT CHLAMYDIA?

I THINK I MIGHT BE PREGNANT

WHO CAN I TALK TO ABOUT THE PILL?

WHERE CAN I GET SOME FREE CONDOMS?

## SEXUAL HEALTH SERVICES THAT YOUNG PEOPLE CAN TRUST

CALL 0117 945 89 88 TO FIND OUT WHERE YOU CAN GET HELP AND ADVICE

# Top of your list?

These are things you'd rather do. But cervical screening saves 4,500 lives every year in England. Aged 25 or over? You'll be invited for regular screening.

For more details, speak to your GP or call NHS Direct on 0845 46 47 or visit [www.cancercreening.nhs.uk](http://www.cancercreening.nhs.uk)

**NHS** Cervical Screening Programme

**CHLAMYDIA SCREENING** **NHS**

# So...who's Chlamydia?

Under 25? Sexually active? You have a 1 in 10 chance of having Chlamydia

For a free, confidential Screening Kit call **0845 180 0050**

or go to: [www.chlamydia-screening.nhs.uk](http://www.chlamydia-screening.nhs.uk)

Chlamydia is a sexually transmitted infection, which often has no symptoms. If left untreated it may lead to serious health problems such as infertility. Chlamydia is easily treated with antibiotics. The best way to avoid getting and having it is to use a condom.

**WARNING: BODIES**

# THE VALENTINES

**SAFE SEX**

ALWAYS USE A CONDOM

NHS Swindon

## Want to quit smoking?

Use your local NHS Stop Smoking Service and you're up to 4 times more likely to succeed.

- Free expert advice and a personal quit plan
- Prescription stop smoking treatments to help beat cravings
- Ongoing support from an NHS trained adviser



Call us today on 0800 389 2229  
Because life's better Smokefree.

SMOKEFREE

NHS Swindon



## Keep up, Mummy!

Aged 40 to 74? You may be eligible for a free NHS Health Check that could help you stay fit and healthy for those you love.

Ask at your GP Practice or phone 01753 461112.

### Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease.

Waiting for a rainy day?



There are things you'd rather do. But cervical screening saves 4,500 lives every year in England. Aged 25 or over? You'll be invited for regular screening.

For more details, speak to your GP, call NHS Direct on 0845 46 47 or visit [www.cancercreening.nhs.uk](http://www.cancercreening.nhs.uk)

NHS Cervical Screening Programme

NHS



There may be a problem you can't see.

If you are aged between 40 and 74, you may be eligible for an NHS Health Check. It's FREE, it's simple, and it could save your life.

For more information, speak to a member of the Vitality team or call FREEPHONE 0800 077 8000

VITALITY \*Eligibility criteria apply.

Good for baby Good for mummy NHS



### Bottle feeding: £450 per year\* Breastfeeding: Priceless

Breastfeeding is not only cheaper than giving your baby formula. It also provides your baby with a great start into a healthy life.

Value your little treasures. To find out more about the benefits of breastfeeding visit [www.havering.gov.uk/breastfeeding](http://www.havering.gov.uk/breastfeeding). Alternatively, visit our Facebook page [www.facebook.com/haveringbreastfeeding](http://www.facebook.com/haveringbreastfeeding)

Havering

Nottingham CityCare Partnership

CityCare provides community health services to local people in local venues

0800 561 2121



[www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk) NHS

NHS

## Don't just go to A&E...

You could get quicker treatment closer to home.

Don't go to A&E if it's not a serious emergency. Other NHS services are everywhere.

Go to [www.notalwaysAandE.co.uk](http://www.notalwaysAandE.co.uk) to find the right treatment.

Top of your list?



There are things you'd rather do. But cervical screening saves 4,500 lives every year in England. Aged 25 or over? You'll be invited for regular screening.

For more details, speak to your GP, call NHS Direct on 0845 46 47 or visit [www.cancercreening.nhs.uk](http://www.cancercreening.nhs.uk)

NHS Cervical Screening Programme

South West Essex Community Health NHS



- Lose weight
- Stop smoking
- Get fit
- Feel great

### You can succeed with Vitality

FREE 1:1 advice and support, courses, group programmes, online help and more.

For more information please call FREEPHONE 0800 077 8000 or visit [www.lovevitality.org](http://www.lovevitality.org)

VITALITY

South West Essex Community Health is part of South Essex Local Health Foundation Trust

www.live-life-well.net

A complete online resource for mental wellbeing

- Visit Live Life Well to learn how your lifestyle can influence your mental health.
- It also offers self help techniques to help you manage anxiety, depression and sleep difficulties.
- Plus, there's lots of information on local services that can help you.
- Are you aged 16-19? Check out our new Young People's section.

Scan the code or visit [www.live-life-well.net](http://www.live-life-well.net)





1 in 3 women who get breast cancer are over 70, so don't assume you're past it.

Be CLEAR ON CANCER

A long-term breast screening programme is being rolled out in Harlow. It's a free service, but you need to book an appointment. Find out more about it on the NHS website.





Will you be our next Quit Hero?

We've helped thousands of local people to quit smoking. We can provide access to cheaper products to help you quit. Come to one of our local sessions in Barnet or Wilmslow.

Stop Smoking and Save Cash!

Mark from Wilmslow: "It's easy to do, no-man-ya!"

Daytime and evening support sessions in local venues across Barnet and Wilmslow. Call us for details.

01928 593 043

or visit [www.healthcare.gov.uk/quit](http://www.healthcare.gov.uk/quit)






Choose the right care

Self-care

Pharmacists

111

Visit your pharmacy for free expert advice - no appointment needed. Tackle simple health problems at home.

Call NHS 111 free for advice and details of local services.

Use your NHS wisely

[www.rightcare.nhs.uk](http://www.rightcare.nhs.uk)



For some people there is no choice but A&E.

THINK: SAVE AGE FOR WHEN YOU REALLY NEED IT

CALL 111 when it's less urgent than A&E

The health advice when you're not sure it's an emergency. Call NHS 111.

[www.nhs.uk/111](http://www.nhs.uk/111)





Get your child FIT 4 LIFE

FIT4Life is a FREE programme for children & young people who want to get fit and healthy. FIT4Life helps you:

- Get more active
- Make healthy eating choices
- Understand food labels
- Eat a balanced healthy diet
- Learn to cook new healthy recipes

It's FREE and it's fun - so why not sign up for our next session?

Call the Health Improvement Team to see if your child is eligible - 0300 300 0103





Shared more than a bed?

If you've had sex with someone who has had Chlamydia you should get tested.

Talk to us or visit [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk) for your free postal test kit.






Are you looking after someone who is 65 or over?

If they feel like they're getting a cough or a cold, get advice from a pharmacist before it gets more serious.

STAY WELL THIS WINTER




Shared more than a bed?

If you've had sex with someone who has had Chlamydia you should get tested.

Talk to us or visit [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk) for your free postal test kit.







  
**Oxfordshire Sexual Health Service**

- Full range of contraception and sexual health advice and treatment
- Testing & treatment for sexually transmitted infections (STIs)
- Other genital problems
- Screening & support after sexual assault
- HIV advice & testing
- Emergency contraception
- Chlamydia screening (under-25)
- Free condom distribution (C-Card scheme, under-25)

The contact details for our services are:  
 Oxfordshire Sexual Health Service  
 100, High Street, Oxford, OX1 1JF  
 Tel: 01865 206000  
 Email: [sexual.health@oxford.nhs.uk](mailto:sexual.health@oxford.nhs.uk)

[www.sexualhealthoxfordshire.nhs.uk](http://www.sexualhealthoxfordshire.nhs.uk)






  
**Chlamydia**

Under 25s - order your free self-test kit

Up to **70%** of girls and **50%** of guys who have it don't show any symptoms.

**Are you one of them?**

Order a **FREE** Chlamydia self-test kit using the address below.

Visit [www.letsstalkaboutit.nhs.uk](http://www.letsstalkaboutit.nhs.uk)




  
**LET'S TALK**

Talking about your mental health



Not coping?  
 Feeling low?  
 Stressed out?  
 Difficulty relaxing?

We are a free and confidential therapy service for Enfield

Don't struggle on without asking for help - make a change today. Telephone, face-to-face and online treatments available at a time to suit you.

**For Enfield**  
 Visit: [lets-talk-upt.nhs.uk](http://lets-talk-upt.nhs.uk)  
 Call: 020 8842 9012

Or ask your GP about us






Don't have any symptoms?

**Check it**

It's as quick as making a cup of tea





Over 18 yrs, live in Portsmouth, Southampton or Newport? Order your **FREE** STI self-test kit at the address below.

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

Your kit self-tests through the post to an accredited analysis.



Do you have a long-term health condition or are you 65 or over?

Cold weather can be seriously bad for your health.

Keep yourself warm. Your home should be at least 18° C (65° F).

**STAY WELL THIS WINTER**



Visit [www.staywellthiswinter.nhs.uk](http://www.staywellthiswinter.nhs.uk)

**Agencies don't always pay more**

Now recruiting Band 5 RMNs and RGNs you'll be surprised at our new hourly rates





01322 625 900  
[oxleas.nhs.uk/working4us](http://oxleas.nhs.uk/working4us)



Aged 40-74? Talk to your GP to book a **FREE** NHS Health Check



For more information telephone 024 7636 1590 or email [healthy.lifestyles@covworkpt.nhs.uk](mailto:healthy.lifestyles@covworkpt.nhs.uk)

Follow us on Twitter @CWPT\_HealthyMe



Visit [www.covworkpt.nhs.uk](http://www.covworkpt.nhs.uk) and search NHS Health Check




Adult Clinical Commissioning Group



**Where do I go to get treatment?**

You don't need to be registered or have an appointment to access your local Minor Injuries Unit

**Minor Injuries Units**  
 Branches Health Centre  
 Freedom Road, Borehamwood, Herts, HX1 4DW  
 Mon - Sun  
 Seven days a week (including bank holidays)  
 T: 01462 344443  
 Freedom Centre  
 Freedom Road, HX1 4DW  
 Mon - Sun Monday to Friday  
 Closed Saturday and Sunday  
 T: 01462 344443

**Looking for the nearest?**  
 Visit [www.nhs.uk](http://www.nhs.uk) to check you have a range of services nearby.

**Contact NHS 111 for out of hours GP services and the emergency dental service**

[www.nhs.uk](http://www.nhs.uk)

Coventry and Warwickshire Partnership NHS Foundation Trust

**Make 2016 your year to QUIT**

You're **FOUR** times more likely to quit smoking with our **FREE** support

If you live, work, or are registered with a GP in Coventry

**Book an appointment on 0300 200 0011**

[www.covworkpt.nhs.uk/CoventryStopSmoking](http://www.covworkpt.nhs.uk/CoventryStopSmoking)

Follow us: @CWPT\_HealthyMe



# Testimonials

*"Team were extremely helpful and the entire process was speedy and provided excellent value for money."*

Hannah Cruickshank, Communications Manager, North West Commissioning Support Unit (NWCSU)

*"I would like to personally thank you for your help and support in advertising our poster to raise awareness about our service."*

Liz Brown Team Leader Continence Advisor/Clinical Nurse Specialist Doncaster Primary Care Trust

*"...we are pleased with the outcome of the campaign."*

Sarah Stayt, Team Administrator, Islington Stop Smoking Service

*"When on outreach sessions young people have said that they recognised the brand from the adverts in the shopping centre. It has proved to be a great way to advertise the local Chlamydia screening service. Positive Media provides a friendly and professional service. Many thanks"*

Lorraine Law, Chlamydia Screening Coordinator, NHS Luton Community Services

*"Service runs like clockwork!"*

Leon Maciocia Chlamydia Screening Coordinator, Chlamydia Screening Office, Oxford

*"I would like to personally thank you for your help and support in advertising our poster to raise awareness about our service."*

Kindest Regards Liz Brown Team Leader Continence Advisor/Clinical Nurse Specialist Doncaster Primary Care Trust



Positive Media Marketing Ltd, Media House, 63B Thorpe Road, Norwich NR1 1UD

Telephone: 01603 394959 [simon.grant@positivemediamarketing.co.uk](mailto:simon.grant@positivemediamarketing.co.uk)

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