



Sexual and reproductive health strategy 2025 - 2030

Helping people to stay healthy and safe in relationships and when they have sex



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About sexual and reproductive health



Sexual health is about keeping safe and healthy before and when you have sex. Things like:



- How to have safe sex and stop yourself from getting infections.



- Understanding it is your choice. You must want to have sex with a person and say yes.



- What a healthy relationship looks like.



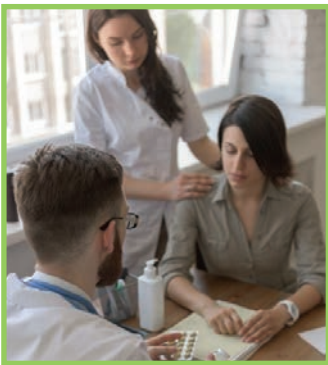
Reproductive health is about whether a person gets pregnant or not.

Reproductive health means things like:



- **Contraception.** This is things you can use to stop you getting pregnant.

Things like condoms or a tablet. Condoms can also help to stop you from getting infections.



- **Abortion.** This is when you are pregnant and you see a doctor to help you stop being pregnant.



- **Periods.** A **period** is when a person bleeds every month from their vagina.



- The **menopause** is when a female body goes through a change.



Things that happen at this time include:

- Feeling really tired.



- Finding it hard to remember things.



- Feeling really hot.



At the end of this change, you don't have periods any more.

About our plan



Good **sexual** and **reproductive** health can help people to be happy and healthy in their lives.



Sexual and reproductive health can affect people of all ages.



We have written a new 5 year plan about our sexual health and reproductive services.



We asked lots of people what should go in our plan.



This has helped us to make sure we are giving people the services they want and need

Pregnancy, childbirth and the first 6 weeks after a baby is born



Childbirth means when you are having your baby. It is also called **giving birth**.



Pregnancy, childbirth and the first 6 weeks of life are really important times for women and their babies.

Things we will work on:



- Look into having more home visits for new mums and their babies.

This is when healthcare staff come and see you in your home.



- Do more work to support people who become fathers at a young age.



- Give better support to women who have a baby that sadly died before they were born.



- Give healthcare staff and **midwives** training to support people with a learning disability.



Midwives are people who are trained to look after pregnant women and their babies.



- Tell more people how to have a strong **pelvic floor**.

Your **pelvic floor** is the muscles around your bladder, vagina and bottom.



These muscles can get weak when you are pregnant or after giving birth. This might mean you have problems holding your wee or poo.



- Make it easier for people to use **pelvic floor** services.



- Talk to new parents about healthy and safe sex.

Giving people good information



Good information can help people to understand sexual health better.



It can help them to make good choices.



This can help people to live safer and healthier lives.

Things we will work on:



- Give more teachers and people who work with young people training about sex and relationships.



- Make sure people who support **looked after children** have training about sex and relationships.



Looked after children are children who do not live with their mum or dad.

They are looked after by other people or local council services.



- Give information about sex and relationships to people with a learning disability and their families and carers.



- Support people with learning disabilities to properly use things like:

- Condoms for having sex

or



- Pads and tampons for periods.



- Support people to feel comfortable talking about periods.



- Make sure more people can afford to buy pads and tampons.

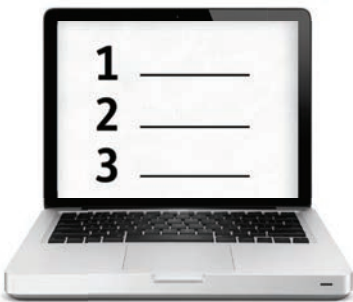


- Give people information about the menopause.



- Give parents and carers advice and information about healthy relationships and keeping safe.

This will help them to support their children well.



- Set up a list on our website for all of our sexual and reproductive health services.



- Make sure our information is easy for everyone to understand.



- Train healthcare staff to help them understand different people's backgrounds and ways of life.



- Set up health champion roles for sexual health. These are people who speak out about good sexual health.



- Give training to healthcare staff about how to support **refugees** and **asylum seekers**.



Refugees or **asylum seekers** are people who have had to leave the country they live in.



The country where they live is not safe for them.



- Give information and support to older people around sexual health.



- Tell more people in workplaces about healthy relationships and sexual health.

Contraception



Contraception is an easy way to stay healthy and safe when you have sex.



We want to make sure people can get the right contraception for them, when they need it.



Things we will work on:

- Make sure everyone can have a choice about contraception.
- Make sure more young people can get condoms for free.





- Make sure more people can have the **implant**. The **implant** is medicine that helps to stop you from getting pregnant.



The medicine comes in a small stick. A doctor puts the stick under your skin in your upper arm. The stick lets out the medicine slowly over time.



- Make sure people can get the implant from any doctors surgery in our areas.



- Open a new contraception service in pharmacies in our areas.



- Make sure people in our areas can use the online contraception service for London.



- Make sure more young people aged 16 and older can get help and advice about contraception.



- Make sure all our services give the same clear advice about contraception.

Gender based violence



Your **gender** is how you see yourself. You might see yourself as male, female or neither.



Gender based violence is violence against people because of their gender.



It can also be violence against people because of who they fancy.



This might be men who fancy other men or women who fancy other women.



Things we will work on:

- Make sure healthcare staff know how to spot signs of gender based violence and abuse.



- Give advice and information about healthy relationships.



- Give training to healthcare staff about how to support **sex workers**.



A **sex worker** is someone who is paid to have sex.



- Support sex workers to help keep them safe from being harmed.



- Give information and training around gender based violence to boys and young men.



- Give training for staff in hotels to spot signs of exploitation.

This when someone pretends to like you so they can use you for sex.

NSPCC



- Work together with the **NSPCC** to help keep children safe from being harmed.

The **NSPCC** is a charity that works to protect children in the UK.

Fertility services and reproductive care



Fertility services are for people who want to have a baby but need some help.



Reproductive care looks at the parts of the body that people use when they get pregnant.

Things like a vagina and womb in women and penis and testicles in men.

Things we will work on:



- Let people know that services are open to everyone.

We would really like more people from **ethnic minorities** to use the service if they want to.

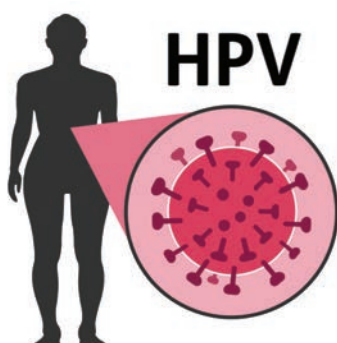


Ethnic minorities are people from different groups or backgrounds.

This might be Asian, Chinese, Black, Roma or Irish traveller.



- Make sure parents understand how important it is for young people to have the **HPV vaccine**.



HPV is a virus you can get from touching someone's **private parts**. **Private parts** are things like your penis, vagina or anus.

HPV can cause some cancers.



A **vaccine** is medicine you can get in an injection to stop you from getting **HPV**.



- Give more support to people who are going through the menopause.



- Tell more men what fertility services we have and how they can use them.



- Set up a health hub for women. This is a service that supports women's health and how they feel.



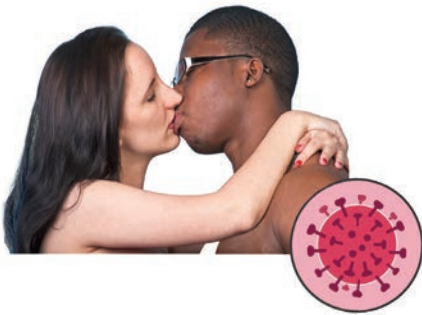
- Work together with women's health hubs and **family hubs**.

Family hubs are services that give extra support and information to families who need it.

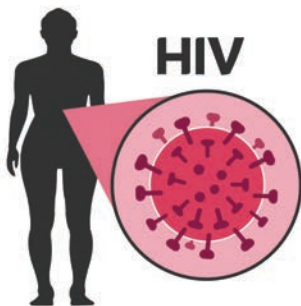


- Tell people about problems that people can have when they try to get pregnant.

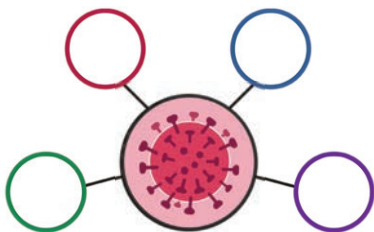
Stopping people from getting infections or HIV



Sexually transmitted infections are infections that can be passed on through having sexual contact with someone. We call them **STIs** for short.



HIV is a serious virus. It can stop your body from fighting infections or diseases.



Sexual infections and HIV can affect people's lives in lots of ways. Things like:



- Making them feel poorly.



- Making them feel bad about themselves.



- Needing to take time off work to go to appointments.



Infections can also sometimes cause people to have problems having a baby.



It is really important to try to stop people from getting infections.

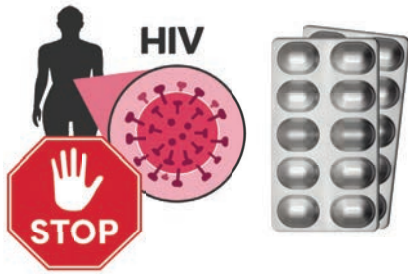


Things we will work on:

- Help more people in Richmond to use our sexual health services.
- Work with schools and colleges to support young people with their sexual health.



Things like giving out condoms, and giving information and advice.



- Make sure more people can get medicine that can stop them from getting HIV.



- Make sure more people can get tested for HIV.



- Work together with other services to give health advice to people who use drugs.



- Make sure more homeless people can get help and advice about sexual health.



- Make it easier for young disabled people to use our sexual health services.

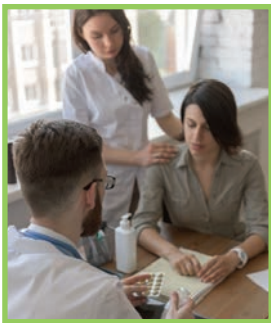


- Put together an information pack about sexual health that we can give to people.



- Give more information and support to women who have sex with other women.

Abortion care



Abortion is when you are pregnant and you see a doctor to help you stop being pregnant.



Having an abortion can be very upsetting. Some people may need to have **counselling** after an abortion.



Counselling is someone to talk to about your worries or how you are feeling.

Things we will work on:



- Make sure more people who have had an abortion can get counselling. This includes people with a learning disability.

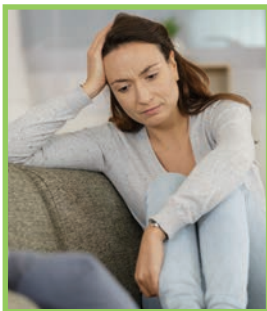


- Work together to support families who have:



- Have been told their children cannot live with them anymore

and



- Had more than 2 abortions.



- Give people more information about tablets you can take to end a pregnancy.

Problems having sex



Some people might find it hard to have sex. This might be because of things like:



- Their penis does not get hard enough to have sex.



- It is painful to have sex.



- The person does not feel like having sex anymore.



Problems having sex can be very upsetting for people.



It is important that people get the right treatment to help them.



Things we will work on:

- Make sure more people in all of our areas can get counselling.



- Tell more people about our services.



- Make sure healthcare staff ask men about problems with their penises when they do health checks.



- Help people understand that there is a link between problems having sex and other health conditions.



- Write a guide for people with information about sexual health as you get older.



- Look into how being an **unpaid carer** affects people's sexual health.



Unpaid carers mean family and friend carers who are not paid to care for people as part of their job.

Checking our plan is working



We will set up a sexual and reproductive health group.

The group will be made up of people from:



- The local council.



- Healthcare services.



- Local community and voluntary groups.



The group will check how our plan is working. They will make sure we are doing all the things we said we would.



We will look at our plan every year.



We will make changes if we need to make sure we keep meeting people's needs.

How to find out more



To find out more about sexual health services in Wandsworth, you can look on this website:

www.wandsworth.gov.uk/sexualhealth



To find out more about sexual health services in Richmond, you can look on this website:

www.richmond.gov.uk/sexual_health