

THE A-Z OF SEXUAL HEALTH

IN MANCHESTER 2008

A sexual health directory specifically designed to support primary care services in Manchester in enhancing service provision and improving referral pathways.

The directory offers baseline information on specific topic areas and an up-to -date listing of all relevant agencies.

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INTRODUCTION

The challenges for professionals working within sexual health in Manchester are numerous and complex. Sexual health is a major public health issue in this City and there are no easy solutions. This resource is designed to support your work in this area by providing information to strengthen your primary care work in sexual health and to provide referral routes for your patients and service users.

For the purpose of this resource, sexual health is not only concerned with disease or infection but with promoting positive sexual health in a wider context in line with the definition below:

“A state of physical, emotional, mental and social well-being related to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.”

(WHO, 2004, p1)

HIV and AIDS and the increasing incidence of specific sexually transmitted infections (STIs) have resulted in sexual health becoming a major international health concern in the 21st Century. Nationally, each year more than 1.5 million new episodes of STIs are seen in UK clinics and the figures seem set to rise. The North West has the highest incidences of HIV, HIV related illness and STIs outside of London and the South East, (HPA, 2005), with the majority of these occurring within Manchester. Sexual ill health is a particular health issue in Manchester, with high teenage pregnancy rates and increases in new incidence of syphilis, chlamydia and gonorrhoea.

Manchester is a complex city when social, economic and health related factors are considered. With a population of approximately 441, 000 (MCC 2005), the city has, over the last fifteen years, witnessed extensive redevelopment and grown as a thriving business centre with strong links to Asia, the USA and to several Commonwealth countries. The city centre is now an international, sophisticated tourist destination, and a centre for culture, music and sport.

However, in terms of health inequalities and inequities Manchester has some of the most challenging health problems in the country. In the Index of Multiple Deprivation (2004), Manchester was identified as being the third most deprived city in England (OPDM, 2004).

Manchester itself is very cultural and made up of diverse communities, including people from over seventy different countries. Working with such diversity and health inequalities inevitably raises particular sexual health issues and challenges to individuals, primary care staff, health providers and promoters alike and this directory aims to support this work.

WHAT IS GOOD SEXUAL HEALTH?

There are many factors involved in good sexual health. These may include political, cultural, social and spiritual factors, as well as an individual's own experience, emotions and sexuality. There are many double standards in our society around how sex is viewed often leading to confusion and shame. A male with many partners is 'sowing his wild oats', yet a woman in a similar situation is still regarded as promiscuous. Many women still find it very hard to negotiate sex and to believe in their own right to sexual pleasure, yet we are asking young women to carry condoms.

Sexual health is often perceived as being only about the clinical aspects of sex for example reproduction, contraception, unintended pregnancies and sexually transmitted infections. However, in line with the World Health Organisation definition, this directory approaches sexual health in terms of people's rights to consensual sex, intimacy, desire, love and the promotion of positive pleasurable relationships free from discrimination. It is important to encourage and support individuals to take ownership of their own sexual health and make informed and positive choices. This can be supported through appropriate and accessible services and comprehensive sex and relationship education, by challenging prejudice, stigma and discrimination and addressing sexual health inequalities.

What is the Sexual Health & Harm Reduction Team?

The Team is made up of a diverse range of staff both clinical and non-clinical, all experienced in public health. Work areas include strategy and policy development, information and resources and specialist staff working on alcohol, prison health, substance misuse and harm reduction, vulnerable young people and general sexual health and prevention with targeted populations.

The Team, managed by Bridget Hughes, is part of Manchester Public Health Development Service and falls within Manchester Community Health as part of Manchester Primary Care Trust.

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ABORTIONS/TERMINATIONS OF PREGNANCIES

Abortion services are confidential, women have access to counselling and can change their mind about having an abortion at any time.

Manchester currently operates a central booking system for the termination of pregnancy. This system accommodates both self-referral and professional referrals and includes local specifications, for example fast tracking of the under 16 year olds and women at late gestation. This system provides the earliest appointment available to patients depending on their particular circumstances, for example available transport. It also facilitates patients being seen within the three-week guideline recommended by the Royal College of Obstetricians and Gynaecology.

Young people often delay accessing termination services and face obstacles such as concerns around confidentiality. Having one port of call for termination services improves access for this age group.

Manchester is required to meet a target for the proportion of NHS terminations carried out under 10 weeks. This refers to pregnancies up to nine completed weeks gestation, and includes terminations carried out by independent providers commissioned by and working to an NHS service level agreement.

If you think you need an abortion you can ring the Central Booking System number or visit your doctor, family planning service or sexual health service.

Central Booking System

Tel: 0845 365 0565 (Lo-call number)

Operational 9am-7pm Mondays to Fridays

Abortion services are free and confidential and you can change your mind about having an abortion at any time.

The following services are included in the central booking system: British Pregnancy Advisory Service, North Manchester General Hospital, South Manchester Private Clinic, Wythenshawe Hospital, St. Mary's Hospital.

MPAS (Manchester Pregnancy Advisory Service)

2nd Floor

73-75 Lever Street

Manchester M1 1FL

Tel: 0161 228 1887

This service offers advice and support for pregnant women, consultations and counselling for terminations. Costs for terminations vary.

The Whitworth Clinic

3rd Floor

Saint Mary's Hospital

Manchester M13 0JH

Tel: 0161 276 6283

Provide counselling, assessment, treatment and after care for women with unwanted or unplanned pregnancies. Women with Manchester GP's may self-refer.

Marie Stopes

5 Wynnspay Grove

Fallowfield

Manchester M14 6XG

Tel: 0161 832 3886

Helpline: 0800 716390

This service offers advice, information, support and counselling around terminations. Please note this is not a free service.

ALCOHOL

The North West has a figure, higher than the national average, of men and women that drink alcohol over the recommended level with young people drinking twice as much as they were ten years ago.

Young People

Alcohol consumption among young people in the North West is also higher than average and they are more likely to binge drink. The misuse of alcohol can be linked to exclusion from and under achievement in school, unsafe sex and unintended teenage conceptions. One in seven 16–24 year olds have unsafe sex after drinking, one in five have sex they later regretted, and one in ten have been unable to remember whether they had sex the night before. Young people who go on to become dependent on alcohol in later life often start drinking before the age of 14.

In terms of sexual health promotion and prevention work, it is crucial to acknowledge the role of alcohol as a disinhibitor leading to unsafe sexual practice.

Alcohol Related Harm

The impact of alcohol misuse affects health services in a variety of settings, which include primary care, accident and emergency, hospitals, mental health and sexual health services. Alcohol related harm includes unprotected sex, suicide, domestic violence, rape and sexual assault. It is estimated that over half of alcohol related crimes committed in Manchester involve violence against the person.

Health

Alcohol has a major impact on an individual's physical and mental health and costs the health service 1.7 billion a year. An analysis of mortality data in Manchester shows alcohol related deaths, particularly cirrhosis, are on the increase and could potentially over take coronary heart disease as the biggest contributor to reduced life expectancy for women in Manchester by the end of the decade.

- Almost all regular binge drinkers will develop fatty liver. 20-30% of people continuing develop alcoholic hepatitis, which can be fatal. 1 in 10 will be permanently scarred and damaged (cirrhosis). There has been a 90% increase in liver disease over the last 10 years.
- People who drink more than 6 units daily are twice more likely to have high blood pressure. 1 or 2 units a day can be good for the heart but only for men over 40 and post-menopausal women.
- Every additional unit directly increases a person's risk of mouth cancer and breast cancer. Throat cancers are 100 times more likely if someone drinks and smokes. Risk of bowel cancer is 40% more likely if a person drinks more than 4 units a day. Liver damage puts people more at risk of liver cancer.

Sensible Drinking Guidelines

The recommended sensible drinking guidelines aim to prevent medical and social harm to oneself or other people. Sensible drinking guidelines for women: 2-3 units in one day (except in pregnancy or when trying to conceive). Sensible drinking guidelines for men: 3-4 units in one day.

While recent statistics reveal that one in seven have heard of these daily guidelines, knowledge of units is still low. Alcoholic drinks are stronger these days and measures are larger so its important to remember that one drink isn't always one unit e.g. large glass (250ml) of 14% wine contains 3.5 units.

Current best practice recommends a local programme of targeted alcohol screening across the spectrum of harm within non-alcohol specialist settings such as Primary Care, GUM, A&E, Domestic Violence Agencies, Custody Suites, and Prisons. For many organizations, it is simply changing the traditional "weekly unit" enquiry question to "typical daily amount" enquiry.

Community Alcohol Team (NHS)

Beswick District Office
1 Campion Walk
Beswick
Manchester M11 3RS
Tel: 0161 223 9641

This service aims to prevent the harm caused by the unsafe use of alcohol. Alcohol link workers are accessible citywide by offering clinics in GP surgeries or health centres.

Alcohol and Drugs Service

87 Oldham Street
Manchester M4 1LW
Tel: 0161 834 9777

This service offers confidential advice, counselling and information for drinkers, family members and concerned others.

Drug & Alcohol Strategy Team

Manchester City Council
4th Floor
Heron House
Brazenose Street
Manchester M2 5EA
Tel: 0161 219 6923

The team that coordinates Citywide strategic drug and alcohol work.

Alcoholics Anonymous

Suite A, 4th Floor
St Margarets Chambers
5 Newton Street
Manchester M1 1HL
Tel: 0161 236 6569

Helpline open 11am -11pm seven days a week.

Offers a number of AA meetings across the city that people can access as they choose.

Eclipse

73 Ardwick Green North
 Manchester M12 6FX
 Tel: 0161 273 6686

A young person's (under 19) drug and alcohol service.

Brian Hore Unit - Alcohol Day Treatment Service

Nurses' Telephone: 0161 217 4435, Reception Tel: 0161 611 4166.

Referral by health professional, GP only. The service supports individuals who are maintaining or working towards long term abstinence. Individuals experiencing both alcohol problems and co-existing mental health problems can be referred to the Brian Hore Unit's consultant psychiatrist and seen in the out-patient clinic. The unit provides daily support groups, a structured programme, one-on-one counselling, drop-in centre, out-patient detoxification, specialist prescribing, and supervision of Antabuse.

Alcohol Assessment and Care Management Team

Adult Social Care
 1 Campion Walk
 Beswick
 Manchester M11 3RS.
 Tel: 0161 255 8250.

The team offer assessment to adults 18-64 who have alcohol problems and they commission social care services to meet assessed needs. Also they will see carers of problem drinkers to complete carers' needs assessments.

Manchester Public Health Development Service (South base)

Mauldeth House
 Mauldeth Road West
 Chorlton
 Manchester M21 7RL
 Tel: 0161 882 2300

The MPHDS seeks to improve health across the city by working in partnership with other organisations, groups and the local community. They have a team of health advisors and two resource libraries. Areas of work include: Accident Prevention, Alcohol, Cancer Prevention, Health at Work, Healthy Schools and Young People, Mental Health, Mobility and Falls Prevention, Older people's Health, Preventing Coronary Heart Disease and Sexual Health/HIV Prevention/Needle Exchange and Drugs and Substance misuse.

Turning Point

Manchester Smithfield Project
 Thomson Street
 Manchester

Referral line and 24 hour helpline 0161 839 8829

The Smithfield Project is the residential detoxification unit in Manchester (staffed 24 hours). Sudden cessation of dependent drinking should not be considered without detoxification assessment and treatment planning.

ANTENATAL HIV

Antenatal HIV testing was introduced nationally as a result of the DOH Health Service Circular (1999). The directive recommended that all pregnant women should be offered HIV testing at their booking visit. The driver for this intervention came as a result of research and global concerns about the rising rates of HIV. A 1994 multi-centre French/American randomised double blind placebo controlled ACTG 076 trial, proved that anti-retroviral treatment AZT given in pregnancy, could reduce the incidence of mother to child transmission of HIV from 25% without treatment to 8% with. Additional recommendations include:

- That HIV positive pregnant women deliver by elective caesarean
- That the baby receives prophylactic antiretroviral medication
- Women are advised to bottle feed

These interventions reduce transmission rates to less than 1%.

Early diagnosis and treatment will improve long-term health of mother and baby.

Manchester has specific guidelines and protocols in relation to antenatal care of HIV positive women, which includes the choice of a vaginal or caesarean delivery. This will be directly related to clinical assessment.

• Manchester Specialist Midwifery Service

Zion Community Resource Centre
339 Stretford Road
Hulme
Manchester M15 4ZY
Tel: 0161 226 6669

The Manchester Specialist Midwifery Service provides a service to women and their families where drug and alcohol use is problematic. It also supports and co-ordinates the care for HIV positive women identified through the antenatal HIV screening programme.

• Specialist Midwife (HIV)

St Mary's Hospital
Tel: 07773 348393

• Specialist Midwife (Drugs and Alcohol)

Zion Community Resource Centre
339 Stretford Road
Hulme
Manchester M15 42Y
Tel: 0161 226 6669 or 0777834 1923 or 0781493 8405

• Specialist Midwife (Mental health/Domestic violence)

Zion Community Resource Centre
339 Stretford Road
Hulme
Manchester M15 42Y
Tel: 0161 226 6669 or 0796 6068319

ANTENATAL TESTING CLINICS

St Mary's Hospital

Tel: 0161 276 6423

North Manchester General Hospital

Tel: 0161 720 2769

Withington Community Hospital

Tel: 0161 217 3082

Wythenshawe Hospital

Tel: 0161 291 2958/2959

ASYLUM SEEKERS / REFUGEES/ MIGRANTS

The terms Asylum Seekers and Refugees cover a wide range of people from different countries and cultures all of whom have come to this country, either on their own or with their families to seek refuge. In the last 10 years the UK has seen a massive rise in the numbers of people seeking asylum here. Asylum seekers have often experienced traumatic life events such as violence and the threat of it, the killing of family members, rape and sexual violence, torture and trafficking. Asylum seekers may also be scared to disclose their HIV status because of a fear that it might influence their asylum claim.

All people that have applied for asylum in this country are entitled to NHS treatment for as long as their applications (including appeals) are under consideration. For more information refer to the Department of Health's Resource pack, 'Caring for Dispersed Asylum Seekers'.

MASH (Manchester Action on Street Health)

Unit 14-15

Cariocca Business centre

2 Sawley Road

Miles Platting

Manchester M40 8BB

Tel: 0161 202 2022

Freephone: 0800 183 0499

Website: www.mash.org.uk

MASH is a sexual health promotion/HIV prevention organisation for female sex workers/ migrant sex workers and drug users in Greater Manchester. They offer support and outreach to sex workers in saunas/massage parlours and street workers from a night time mobile unit. MASH offers advice and information, Hepatitis B vaccinations, pregnancy testing, needle exchange, specialist drug workers, first aid and wound dressing, a drug liaison midwife and a court liaison and diversion scheme.

Black Health Agency

464 Chester Rd
Manchester M16 9HE
Tel: 0845 450 4247

Website: www.blackhealthagency.org.uk

The Black Health Agency and its projects exist to work with and for African, Caribbean, South and South East Asian communities as well as a diverse range of other marginalised groups, such as refugees and asylum seekers. Their HIV support service provides befriending, advocacy and information for people who are affected by HIV.

The Routes project provides support to refugee and asylum seeking families with children aged 5-13 who have arrived in the City during the last 3 years.

The Sahara project provides advice on wellbeing and mental health related services for refugees and asylum seeking communities of North Manchester.

George House Trust

77 Ardwick Green North
Manchester M12 6FX
Tel: 0161 274 4499
Fax: 0161 274 3355

Website: www.gh.t.org.uk

George House Trust provides advice, support and services for people living in the North West with HIV and for people affected by HIV (including partners, children, carers and family). They also provide advice with money, welfare rights, employment and immigration support. All services are free.

Refugee Action

4th Floor
35 Dale Street
Manchester M1 2HF
Tel: 0161 233 1210

Freephone helpline: 0800 917 2719

Provides support, advice and information for refugees, asylum seekers and friends or family calling on their behalf, specialist training and campaigning.

Manchester Refugee Support Network

St. James Centre
95a Princess Road
Moss Side
Manchester M14 4 TH
Tel: 0161 232 7420

Provides support, advice and training for refugee communities.

National Coalition of Anti-Deportation Campaigns (North/West)

1 Delaunays Road
Manchester M8 4QS
Tel: 0161 740 6504
Website: www.ncadc.org.uk

Provides practical help and advice for anyone campaigning against deportation.

The North West Office of the Medical Foundation for the Care of Victims of Torture

1st floor

North Square

11 - 13 Spear Street

M1 1JU

Tel: 0161 236 5744

www.torturecare.org.uk

Provides a counselling and psychotherapy service for the survivors of torture or organised violence.

BLACK AND MINORITY ETHNIC

There has been a disproportionate increase in diagnosed STIs among black and minority ethnic communities in the UK, with an increase of HIV in both African and Caribbean communities. The incidence amongst black people in the UK is a reflection of the fact that a large proportion of heterosexual men and women diagnosed in the UK acquired their infection in Africa. The rise of HIV infections among heterosexuals and pregnant women in BME communities reflects the links with the pandemic in Sub-Saharan Africa.

To date there has been little or no prevention work specifically targeted at these communities, which has resulted in an inequality of access for these communities often compounded by racism. In a similar way homophobia and sexism have also fuelled this epidemic.

Issues of migration, asylum and deportation further compound this inequality.

HIV and STI infections in the Asian communities remains low but vigilance is required with the now growing epidemic in China.

Manchester is very cultural and made up of diverse communities including people from over 70 different countries. Working with such diversity and health inequalities inevitably raises particular sexual health issues and challenges to individuals, health providers and promoters alike.

Locally, the 2001 census found that 19% of the population of Manchester come from a minority ethnic group and therefore is a growing area of importance for primary care.

Black Health Agency

464 Chester Road

Manchester M16 9HE

Tel: 0845 450 4247

Website www.blackhealthagency.org.uk

The Black Health Agency and its projects exist to work with and for African, Caribbean, South and South East Asian communities as well as a diverse range of other marginalised groups, such as refugees and asylum seekers. Their HIV support service provides befriending, advocacy and information for people who are affected by HIV.

Awaaz

464 Cheetham Hill Road

Cheetham Hill

Manchester M8 9JW

Tel: 0845 644 1972

Offers advice and support on health care, mental health, education, training and employment for the Asian Community.

Refugee Action

4th Floor
35 Dale Street
Manchester M1 2HF
Tel: 0161 233 1210

Freephone helpline: 0800 917 2719

Provides advice and information for refugees, asylum seekers and friends or family calling on their behalf, specialist training and campaigning.

Chinese Health Information Centre

6 Houldsworth Street
Manchester M1 1EJ
Tel: 0161 228 0138

A health information centre for the Chinese community.

Irish Community Care

289 Cheetham Hill Road
Crumpsall
Manchester M8 05N
Tel: 0161 205 9105

Website www.iccmanchester.org.uk

Provides advice, information and advocacy on health, housing, employment, benefits, and cultural social activities. It also runs a men's group (over 40s), an over 55s social group, a youth project and a project for survivors of sexual abuse whilst in institutional care in Ireland.

Wai Yin

61 Mosley Street
Central Manchester
Manchester M2 3HZ
Tel: 0161 237 5908
www.waiyin.org.uk

Offers education, mental health and employment services to the Chinese community, including a Youth project open to all young people aged between 16 and 25.

BREAST AWARENESS/SCREENING

One in twelve women in the UK develop breast cancer. It is one of the most common forms of cancer in women. Although it rarely affects women under the age of 35, women of all ages should get to know the normal look and feel of their breasts. Breast screening (mammography) is an examination by X-ray that can help to find small changes in the breast. If changes are caught early there is a good chance that they can be successfully treated. The NHS offers a free breast screening session to all women between the ages of 50 and 64 provided they are registered with a GP. Older women can also have 3 yearly screening if they ask for this. Primary is in a good position to give advice about breast awareness including the following:

- Get to know your breast and the natural changes that take place during your normal monthly cycle
- Look at your breast while you are getting changed or feel them while you are in the bath or shower
- Look for any changes such as a lump or thickening in the breast or armpit, any unusual pain or discharge from the nipple, unusual changes in the outline shape or size of the breast, or any unusual sensation

For more information on breast cancer, call the following free helplines:

Cancerbackup 0808 800 1234

Cancerlink 0808 808 0000

CERVICAL HEALTH/ HPV VACCINE

Cervical cancer is the eleventh most common cause of cancer deaths in women in the UK. Regular cervical screen tests are one of the best defences against cervical cancer. As a result of the cervical screening programme in England and Wales incidence fell by 42% between 1988 and 1997.

All women over 25 years of age whether sexually active or not, heterosexual or lesbian, are encouraged to have a screen.

A cervical smear test is used to check the health of a woman's cervix (the lower part of her womb). It will indicate any changes in/on her cervix that could develop into cancer. Found early these changes can usually be treated successfully. Smear tests are available every three to five years to all women aged 20-64, and can be done by your doctor/practice nurse or at a family planning clinic.

From September 2008 a vaccine to prevent the spread of HPV (human papilloma virus) that causes cervical cancer will be available to all year 8 girls, with a catch up for older girls over the following 3 years.

For more information on cervical cancer contact the following free helplines:

Cancerbackup 0808 800 1234

Cancerlink 0808 808 0000

CHILDREN

The Children ACT 1989 places a duty on all front line workers/practitioners to talk about sex and relationships with children and young people in order to help them acquire information about their bodies, sex and sexual health in order to develop relevant skills. Anybody that works with children and young people needs to be aware of the legislation that governs this area.

The Sexual Offences ACT 2003 was introduced on the 1st May 2004. It is designed to protect the rights and interests of children and young people and to make it easier to prosecute people who pressure or coerce others into having sex.

- The legal age for young people to consent to have sex, remains at 16, regardless of sexual orientation
- The guidance reaffirms that the law is not intended to prosecute mutually agreed sexual intercourse between younger teenagers, unless it involves abuse or exploitation
- The law does not change the position on the provision of confidential sexual health advice or services for young people under 16

Manchester has thirteen Sure Start Programmes aiming to achieve better outcomes for children, parents and

communities by:

- Increasing the availability of childcare for all children
- Improving health and emotional development for young children
- Supporting individuals as parents, and in their aspirations towards employment

Additionally, Manchester runs a Sure Start Plus Pilot aiming to offer:

- Personal advice and support for teenagers who find they are pregnant
- Co-ordinating support packages for young parents tailored to individual need
- Reshaping existing services to make them more user-friendly and sensitive to the needs of teenagers

In Manchester, children may be subject to abuse and sexual exploitation, including children with physical and learning disabilities. There is also a known problem of child trafficking. Trafficking is defined as the movement of children for the purpose of exploitation. These issues have come to greater prominence in the public arena and are now placed firmly within social and health care policy. The extent of this phenomenon in Manchester is still unknown but an increased awareness amongst front line workers is essential. Child protection procedures will always apply where there is suspicion that a child is being trafficked. If you are concerned about a child's situation or safety, you should get in touch with the contact service for social care 0161 255 8250.

ChildLine

Helpline: 0800 1111

ChildLine is a free 24-hour helpline for children and young people. They provide confidential telephone support with any problem a child or young person might have.

NSPCC

Helpline: 0808 800 5000

This is a free 24-hour helpline that provides information, advice and counselling to anyone concerned about a child's safety. They also have a helpline in five Asian languages and a text phone service for people who are deaf or hard of hearing.

Sure Start

www.surestart.gov.uk

CHLAMYDIA SCREENING PROGRAMME

Tackling the prevalence of chlamydia through the accelerated implementation of the screening programme is one of the key commitments in the 'Choosing Health White Paper'.

Genital chlamydia is the commonest sexually transmitted infection (STI) in England. Currently, one in ten under 25s in the U.K have Chlamydia.

Genital chlamydial infection is an important reproductive health problem. 10-30% of infected women develop pelvic inflammatory disease (PID). A significant proportion of cases, particularly amongst women, are asymptomatic and so, are liable to remain undetected, putting women at risk of developing PID. Screening for genital chlamydia infection may reduce PID and ectopic pregnancy.

RU Clear? is the Greater Manchester PCTs element of the national Chlamydia Screening Programme. They

manage Chlamydia screening for young people under 25 years of age. Through their website and confidential advice line under 25s can find out where to get tested locally and request postal kits.

There are numerous sites across Manchester that test for chlamydia, tests which include gonorrhoea. Call the RUCLEAR office for your local testing centre.

Greater Manchester Chlamydia Screening Programme

Cornerstones Health Centre
2 Graham Street
Beswick
Manchester M7 3AA
Tel: 0845 330 6363 (Confidential advice line/Office)
www.ruclear.co.uk

CONDOMS

Manchester has very high rates of STIs, particularly in 16-24 year olds, and nationally 1 in 10 young people are positive for Chlamydia. Additionally, teenage pregnancy rates remain high. Only condoms can offer protection from sexually transmitted infections as well as pregnancy. For individual use they can be bought easily from chemists, supermarkets, garages and vending machines in toilets.

Manchester has a citywide condom distribution scheme through the Sexual Health Forum. The scheme supports a number of agencies working on HIV prevention and sexual health promotion, including schemes in Primary Care. Additionally, each PCT is supporting Local Enhanced Services for Sexual Health including the provision of condoms. Contact the Public Health Department or your PCT for further information. For further information on sexual health statistics see www.nwpho.org.uk (North West Public Health Observatory).

Harm Reduction Officer

Social Services
3rd Floor Victoria Mill
Lower Vickers St
Miles Platting
Manchester M40 7LJ
Tel: 0161 203 3211
This is a Citywide contact for applications to join the condom distribution scheme.

The Lesbian & Gay Foundation

105-107 Princess House
Princess Street
Manchester M1 6DD
Tel: 0161 235 8035
Website: www.lgf.org.uk
LGF Helpline: 08453 30 30 30 (6pm-10pm every day)
The LGF operate a Condom and Lube Distribution Scheme, which aims to reduce the incidence of HIV infection through sex between men, by ensuring that every gay man in the Greater Manchester area has access to condoms, lube and safer sex information.

CONDOM SUPPLIERS

Durex

Care Line 0800 338 739
www.durex.com

Pasante

Tel: 01903 753844
www.pasante.com

Condomania

Tel: 01635 874393
www.condomania.co.uk

CONTRACEPTION & SEXUAL HEALTH (CASH SERVICES)

We are really pleased to announce that from autumn 2008 there will be an integrated sexual health centre opening from purpose built accommodation, centrally located on the corner of Upper Brook St and Hathersage Rd. The service will see the relocation of both contraceptive and GUM services in one place to provide a 'One stop shop' approach for all sexual health needs.

For further details contact the CASH services on: 0161 434 3555

Manchester has good contraceptive services but still has high teenage pregnancy rates and high rates of STIs. Contraceptive services therefore must recognise and integrate STI prevention and include work with men as part of any overall service provision.

There are many different types of contraception available and different methods will suit different people at different times.

Reversible methods of contraception

- Combined pill
- Progestogen-only pill
- Male condom
- Female condom
- Diaphragm or cap with spermicide
- Natural family planning

Contraceptive methods work in different ways. How well they protect against pregnancy depends on how well they are used. It is important to use these methods correctly and consistently.

With other contraceptives such as:

- Contraceptive Injection
- Contraceptive Implants

- Intrauterine system (IUS)
 - Intrauterine device (IUD, routinely known as the coil)
- How well they protect against pregnancy does not depend on the person using them. These methods require renewal and/or replacement by a doctor or nurse.

Permanent methods

Sterilisation and vasectomies are the only permanent method for men and women to protect against pregnancy.

Remember only condoms protect against STIs as well as pregnancy!

Emergency contraception

There are two types of emergency contraception - Emergency contraceptive pills, commonly known as the morning after pill, must be started within 3 days (72 hours) from the time you had sex. However, the pills are most effective if you start taking them within 24 hours of sex.

The second form of emergency contraception is having an IUD fitted within 5 days from the time you had sex. Once this has been fitted you can keep it as a regular method of contraception or have it taken out when your next period starts.

Advice and contraceptives can be obtained from a GP, family planning service, school nurse, chemist and the following agencies. Most of the clinics are run on a drop-in basis but ring first to check for opening times in case they have changed.

All the following services are confidential and free with the exception of some types of implant and coil.

The Palatine Contraception and Sexual Health Services

Patient advice line 0161 217 3553 open weekdays 2.30-3.30pm

Forum Health

Simonsway
Wythenshawe
Manchester M22 5RX
Tel: 0161 490 7142

Opening times:
Monday-Thursday 12.30-2.30pm
3.30-6.30 for under 25s (FRESH)
Friday 12.30-2.30pm
Sat 11.30-2pm for under 25s (FRESH)

Withington Community Hospital

Nell lane
Withington
Manchester M20 2LR
0161 217 3553

Opening times:

Mon and Fri 12.30-2.30pm and 3.30-6.30pm
Tues, Wed, Thurs 9.30-11.30 for appointments
12.30-2.30pm and 3.30-6.30pm

Abbey Hey Clinic

Constable Street
Tel: 0161 223 4193
Mon 6-8pm
Tues 9.30-11.30am

Alexander Park Health Centre

2 Whitswood Close
Tel: 0161 226 0101
Fri 1.30-3.30pm

Baguley Clinic

Hall Lane
Tel: 0161 998 6071
Wed 6.30-8.30pm

Brunswick Health Centre

Hartfield Close
Brunswick Street
Tel: 0161 273 4901
Tues 9.30-11.30am

Charlestown Health Centre

Charlestown Road
Tel: 0161 231 1151
Tues 6.00-8.00pm
Thur 9.30-11.30am

Chorlton Health Centre

1 Nicolas Road
Tel: 0161 231 1151
Tues 6.00-8.00pm (male clinic)

Clayton Health Centre

89 North Road
Tel: 0161 231 1151 (male clinic)
Tues 6-8pm

Crumpsall Clinic

244 Cheetham Hill Road
Tel: 0161 202 8750/8799
Wed 6-8pm
Thur 9.30-11.30am

Gorton Clinic

Blackwin Street
Tel: 0161 223 3025
Tues 1.30-3.30pm

Harpurhey Health Centre

1 Church lane
Tel: 0161 861 2400
Thurs 6.00-8.00pm
Fri 9.30-11.30am

Levenshulme Health Centre

Dunstable Street
Tel: 0161 861 2300
Wed 9.30-11.30
Thur 9.30-11.30

Longsight Health Centre

526/528 Stockport Road
Tel: 0161 225 5031
Wed 6-8pm

Moss Side Health Centre

Monton Street
Tel: 0161 226 5031
Tues 6-8pm

Newton Heath Health Centre

Old Church Street
Tel: 0161 684 9696
Tue 12-7.00pm
Wed 6-8pm

Plant Hill Clinic

Plant Hill
Tel: 0161 740 8004/ 740 7909
Mon 9.30-11.30am + 3pm-4pm (teen-time clinic)

Rusholme Health Centre

Walmer Street
Tel: 0161 861 2215
Thur 1.30-3.30pm

St. Mary's Hospital

Hathersage Road
Tel: 0161 276 6259
Wed 1.30-3.30pm

Victoria Mill

10 Lower Vickers Lane
Miles Platting
Tel: 0161 861 2500
Fri 9.30-11.30am

Woodhouse Park Clinic

Wythenshawe Computer Centre
(Opposite the bus station)
Rowlandsway
Tel: 0161 861 2550
Thur 6-8pm

Wythenshawe Healthcare Centre

Stancliffe Road
Sharston
Tel: 0161 946 0065
Wed 9.30-11.30am

PHARMACIES PROVIDING EMERGENCY CONTRACEPTION

Bellott Pharmacy

65 Bellott Street
Cheetham Hill
Manchester M8 0PQ
Tel: 0161 203 5060
Opening Times
9-6pm (MTF). 9-1pm Wednesdays
Languages spoken: English

Boots the Chemist

150 Hollyhedge Road
Wythenshawe
Manchester M22 9UE
Tel No 0161 998 2455
Opening Times
9-6pm
Weekends 9-5pm Saturday
Languages spoken: English

Boots the Chemist

32 Market Street
Manchester M1 1PL
Tel No 0161 832 6533
Opening times
8-6pm M, T, W 8-8pm, Thurs 8-6.30pm, Fri by appointment
Weekends 9-6.30pm Sat 11-5pm, Sun by appointment
Languages spoken: English

Boots the Chemist

20-22 Chorlton Place
Wilbraham Road
Chorlton
Manchester
Tel No 0161 881 1121
Opening times
9-6.00pm
Weekends 9-5.30pm
Languages spoken: English

Boots the Chemist

Unit 3A The Circus
11 Portland Street
Manchester
Tel No 0161 236 7254
Opening Times
9-12 noon – 2-5pm
Weekends 9-5pm Saturday
Languages spoken: English, Urdu

Boots the Chemist

11-13 Piccadilly
Manchester M1 1LY
Tel No 0161 834 8244
Opening Times
8-6.30pm by appointment
Weekends 8.30-5.30pm Sat by appointment
Languages spoken: English, Urdu

Boots the Chemist

578 Stockport Road
Longsight
Manchester
Tel No 0161 224 3047
Opening Times
9-6pm
Weekends 9-5.30pm Saturday. 10-2pm Sunday
Languages spoken: English

Clough Chemist

Valentine Medical Centre
Smethurst Street
Blackley
Manchester M9 8PP
Tel No 0161 202 4366
Opening Times:
9-6pm
Weekends 9-1pm Saturday
Languages spoken: English

J B Cocker

151 Fog Lane
Didsbury
Manchester M20 6FJ
Tel No 0161 445 1999
Opening Times
9-6pm
Weekends 9-6pm Saturday. 11.30-1.30pm Sunday
Languages spoken: English, French

Cohens Chemist

12 Guide Post Square
Longsight
Manchester M13 9EA
Tel No 0161 273 1327
Opening Times
9-6pm, closed 1-2pm
Weekends Closed
Languages spoken: English, Yoruba, Arabic

Cohens Chemist

44/46 Brunswick Street
Ardwick
Manchester M13 9TQ
Tel No 0161 273 1525
Opening Times:
MTTF 9-6pm, closed 1-2pm, Wednesday 9-1
Sat 10.30-12.30pm
Languages spoken: English

Cohens Chemist

72 Hathersage Road
Chorlton-on-Medlock
Manchester M13 0FN
Tel No 0161 224 1289

Opening Times
9-6pm, closed 1-2pm
Weekends closed
Languages spoken: English

Cohens Chemist

55 Barlow Road
Levenshulme
Manchester M19 3DB
Tel No 0161 224 2481
Opening Times
9am -6pm, closed 1-2pm
Weekends 9-5pm Saturday. Closed 1-2pm

Cohens Chemists

809 Stockport Road
Levenshulme
Manchester M19 3PW
Tel No 0161 224 2293
Opening Times
9-6pm, closed 1-2pm
Languages spoken: English, Spanish

Co-op Pharmacy

23 Bowland Road
Baguley
Manchester M23 1JP
Tel No 0161 998 9088
Opening Times:
9-6 Mon-Fri
Weekend 9-5 Saturday, closed Sunday
Languages spoken: English

Co-op Pharmacy

Scout Drive
Newall Green
Wythenshawe
Manchester M23 2SY
Tel No 0161 437 3782
Opening Times
9-6pm Weekdays, 9-1pm Saturdays
Languages spoken: English

Enterprise C&C

1298-1300 Ashton Old Road
Openshaw
Manchester M11 1JG

Tel No 0161 301 2940
Opening Times
9-6pm
Weekends 9-5pm Saturday
Languages spoken: English

Faith Pharmacy

59 Booth Street West
Hulme
Manchester M15 6PQ
Tel No 0161 232 8044
Opening Times
9-6.30pm, closed 2-3pm
Weekends 10-1pm Saturday
Languages spoken: English, Hindi, Punjabi, Urdu

Frank Goldsmith Ltd

24 Gorton Villa Walk
West Gorton
Manchester M12 5ES
Tel No 0161 223 0701
Opening Times
9-6.30pm MTTF. 9-1pm Wednesday, closed 1-2pm
Languages spoken: English

Hornes Dispensing Chemist Ltd

172 Stretford Road
Hulme
Manchester M15 5TL
Tel No 0161 226 3179
Opening Times
9-6pm
Weekends 9-10.30 Saturday
Languages spoken: English, French, German

Kays Chemist

81 Bollington Road
Ancoats
Manchester M40 7HB
Tel No 0161 205 1759
Opening Times:
9-6pm, closed 12.30-1pm
Languages spoken: English, Gujarati, Swahili, Urdu

Kays Chemist

287 Cheetham Hill Road
Cheetham Hill
Manchester M8 0SN

Tel No 0161 205 1678

Opening Times

9- 6.30 pm, closed 1-2pm, MTTf. 9-1 & 3.30-6.30pm Wednesday

Weekends 9.30-12.30pm Saturday. Closed Sunday

Languages spoken: English, Gujarati, Hindi, Urdu, Punjabi

Lancewise Chemist

23b Lane End Road

Burnage

Manchester M19 1NB

Tel No 0161 432 8877

Opening Times

9-6.30pm. 9-2pm Wednesday

Weekends closed

Languages spoken: English, French

Lancewise Pharmacy

6 Queensway

Burnage

Manchester M19 1QP

Tel No 0161 432 3467

Opening Times

9-6.00pm

Weekends 9-2pm Saturday

Languages spoken: English, Gujarati, Urdu

Laudon Chemists

664 Rochdale Road

Harpurhey

Manchester M8 5TT

Tel No 0161 205 1864

Opening Times

9am-10pm every day

Languages spoken: English, Urdu

Lloyds Pharmacy

2 Whitswood Close

Moss Side

Manchester M16 7AW

Tel No 1061 226 9147

Opening Times

9-6.30pm MTTf. 9-1pm Wednesday, closed 1-2pm

Weekends Closed

Languages spoken: English, Punjabi

Lloyds Pharmacy

25 Bowland Road

Baguley

Manchester M23 1JP
Tel No 0161 998 7114
Opening Times:
9-6pm
Weekend 9-5pm Saturday closed Sunday
Languages spoken: English

Lloyds Pharmacy

228-230 Wilmslow Road
Fallowfield
Manchester M14 6LE
Tel No 0161 224 7782
Opening Times
9am-10.30pm
Weekends 9-10.30 Saturday 10-10.30 Sunday
Languages spoken: English, Arabic

Lloyds Pharmacy

Unit 8, Harpurhey District Centre
Harpurhey
Manchester M9 4DH
Tel No 0161 205 2164
Opening Times
9-6pm
Weekends 9-5pm Saturday. Closed Sunday
Languages spoken: English

Lloyds Pharmacy

110 Mauldeth Road
Withington
Manchester M14 6SQ
Tel No 0161 445 4015
Opening Times
9-6pm
Weekends Closed
Languages spoken: English

Mediward Chemist

231 Hill Lane
Blackley
Manchester M9 6RG
Tel No 0161 795 7572
Opening Times 9-6pm
Weekends closed Saturday Sunday 4-6pm
Languages spoken: English

Moorcroft Pharmacy

164 Moorcroft Road
Northern Moor
Manchester M23 0AH
Tel No 0161 998 4702
Opening Times
9-6pm, closed 1-2pm
Weekends 9-1pm Saturday
Languages spoken: English

Newmass Limited

Moss Side Health Centre
Monton Street
Manchester M14 4GP
Tel No 0161 226 1256
Opening Times
9-6 MTWTF
Weekends Closed
Languages spoken: English, Urdu, Hindi

Paul Benson

280 Barlow Moor Road
Chorlton
Manchester M21 2HA
Tel No 0161 881 1452
Opening Times
9-6.30pm MTTF, closed 1-2pm. 9-1pm Wednesday
9-1pm Saturday
Languages spoken: English, French

Paul Benson

676 Wilmslow Road
Didsbury
Manchester M20 2DN
Tel No 0161 445 2492
Opening Times
9-6.30pm MTTF. 9-1pm Wednesday
Weekends 9-1pm Saturday
Languages spoken: English, French

Primecare Pharmacy

107 Beech Road
Chorlton
Manchester M21 9EQ
Tel No 0161 881 3865
Opening Times 9-6pm
Saturday 9-5.30pm
Languages spoken: English, Gujarati, Urdu

R&D Chemist

521 Wilbraham Road
Chorlton
Manchester M21 0UF
Tel No 0161 881 2022
Opening Times
9-6pm MTWF. 9-1pm Thursday
Weekends closed
Languages spoken: English, Hindi, Punjabi, Urdu, Gujarati

Richard J Wakefield Pharmacy

87 Moston Lane East
New Moston
Manchester M40 3GP
Tel No 0161 681 4128
Opening Times
9-6pm MTTF. 9-12.30pm Wednesday, 12.30-2pm closed
Weekends 9-12non Saturday
Languages spoken: English

Sterling Pharmacy

103 Lapwing Lane
West Didsbury
Manchester M20 6UR
Tel No 0161 445 3753
Opening Times
9-6pm MTWT
Weekends Some Saturdays
Languages spoken: English

Thackers Chemist

436 Altrincham Road
Baguley
Manchester M23 9AB
Tel No 0161 998 3149
Opening Times:
8.30-7pm Mon-Fri 8.30-6pm Wednesday
Weekend 9-5pm Saturday 12-1pm
Languages spoken: English, Gujarati

Wilkinson Pharmacy

203 Lightbowne Road
Moston
Manchester M40 9DD
Tel No 0161 681 3006
Opening Times
9-6pm MTTF. 9-5pm Wednesday
Weekends Saturday 9-1pm
Languages spoken: English, Gujarati, Punjabi, Swahili

Wilkinson Pharmacy

384 Hillinwood Avenue
 New Moston
 Manchester M40 0JD
 Tel No 0161 681 1321
 Opening Times
 9-6pm. closed 1-2.
 Weekends 9-4pm Saturday
 Languages spoken: English, Hindi, Urdu

F Whyte Chemists

5 Kingsway Buildings
 Burnage
 Manchester M19 1PH
 Tel No 0161 432 1478
 Opening Times 9-5.30pm 9-5 Wednesday
 Weekends 9-12pm Saturday. Closed Sunday
 Languages spoken: English

DISABLED PEOPLE

It is a myth, which reinforces oppression, that people with learning and physical disabilities are not sexual. Whilst their needs may be different in terms of vulnerability, all individuals are entitled to both a sexual life of their own and to equal protection before the law. Frontline workers need to be aware of these specific issues for people with disabilities in order to ensure that individuals receive a comprehensive and respectful service.

Manchester City Council Adult Social Care

C/o Manchester Children, Families & Social Care Department
 Tel: 0161 255 8250

Greater Manchester Coalition of Disabled People

BEVC
 Aked Close
 Ardwick
 Manchester M12 4AN
 Tel: 0161 273 5153 (voice/text) Admin
 0161 273 5137 (text) Information
www.gmcdp.com

Provides information, advice and support to disabled people and their organisations. Promotes independence and integration of disabled people in society, challenges discrimination and encourages and supports the self-organisation of disabled people.

National Centre for Independant Living

Provides support, advice and consultancy to enable disabled people to be equal citizens with choice ,

control, rights and full economic, social and cultural lives.

Website: www.ncil.org.uk

The Manchester Learning Disability Partnership

Services for people with learning disabilities including home care, day care, supported accommodation and more.

Tel: 0161 958 4014 General enquiries

Website: www.mldp.org.uk

Manchester Carers Forum

Practical help for carers of those with disabilities/learning disabilities

Tel: 0161 629 9859

Website: www.manchestercarersforum.org.uk

Disability Rights Commission

DRC Helpline

FREEPOST MID02164

Stratford-upon-Avon

CV37 9BR

Helpline: 08457 622 633

Textphone: 08457 622 644

Website: www.drc.org.uk

Provides advice and information to disabled people, employers and service providers on the law, and supports people with getting their rights.

DOMESTIC VIOLENCE

Domestic violence has been defined as physical and sexual violence, emotional and financial abuse that is set in the home environment. The vast majority of perpetrators are men and their primary victims are women and children. Research suggests that as many as 1 in 4 women will experience domestic violence in their lifetime, with 30% of all domestic violence beginning during a first pregnancy. Children living in violent households will experience psychological and emotional damage as a result. In addition, in 50-70% of cases where children live with a mother experiencing domestic abuse the children are abused as well.

Domestic violence is a major cause of disability and death, with 2 women each week and 30 men a year being murdered by current or former partners in England and Wales. In the city of Manchester 17,780 women over 19 years of age will experience domestic violence annually.

Forced marriage where one or more partners do not give their consent is also considered to be domestic abuse by the Manchester Crime and Disorder Partnership.

There is a significant correlation of rates of STIs with women experiencing domestic violence, as a result of sexual assault. Pregnancy often triggers an increased incidence of domestic and sexual violence by partners. Consequently as a part of the citywide strategy sexual assault and sexual abuse is forming a major area of work.

Women's Aid National Domestic Violence Helpline

Tel: 0808 200 0247

Calls from landlines will not appear on the telephone bill. This helpline provides access to 24-hour emergency refuge accommodation, information and translation facilities.

Women's Aid

Tel: 0161 861 8428 (Advice line and office) 0161 860 0223 (outreach in the community)

Manchester's Domestic Violence Helpline

PO Box 156

Newton Street

Manchester M4 411

Tel: 0161 636 7525

Advice and support for women experiencing domestic violence. Referrals to safe houses and refuges, support with benefits, legal rights and housing. Urdu, Hindi and Gujarati spoken.

Men's Advice Line

This line is for men experiencing domestic violence who need to talk. It also provides practical advice and a range of services to professionals.

Tel: 0808 801 0327 (Free phone)

www.mensadvice.org.uk

Respect

This is an information and advice line for people who perpetrate abusive or violent behaviour towards their partners and are concerned about it. The line is also available to friends, family and professionals who want to find out what help is available.

Tel: 0845 122 8609

www.respect.org.uk

BLACK AND MINORITY ETHNIC

Muslim Women's Helpline

Tel: 0208 904 8193 or 0208 908 6715

This is a London number but this Helpline is specifically for Muslim women who experiencing domestic violence.

Sojourners House (outreach service)

Specialist Outreach Project aimed at African and Caribbean women

Tel: 0161 882 0632

HOSLA (outreach service)

Specialist Outreach Project providing a citywide service to Asian Women

Tel: 0161 636 7567

LESBIAN, GAY, BISEXUAL AND TRANSGENDER

Broken Rainbow

Helpline: 08452 60 44 60

Mondays-Fridays 9am-1pm and 2pm- 5pm

Website: www.lgbt-dv.org

This is a helpline service and website that provides support for lesbian, gay, bisexual and transgender people experiencing domestic violence.

OUTREACH WORKERS

Refuges have Outreach Workers who can offer support and practical help to women and children in their own homes, if women prefer to stay there.

Sojourners House

Specialist Outreach Project aimed at African and Caribbean women

Tel: 0161 636 7518

HOSLA

Specialist Outreach Project providing a citywide service to Asian Women

Tel: 0161 636 7560

Wythenshawe Women's Aid

Tel: 0161 998 2006

RAPE AND SEXUAL ASSAULT

St. Mary's Sexual Assault Referral Centre

Tel: 0161 276 6515

This service is for men and women and offers medical examinations, emergency contraception, interpreters, screening for STIs, counselling and support with statements to the police.

Manchester Rape Crisis

Tel: 0161 273 4500 (Confidential Helpline)

Website: www.manchesterrapecrisis.co.uk

This is a service for girls and women that have been raped or abused that offers confidential advice, counselling, information and support.

DRUGS

There are approximately 7,500 problem drug users in Manchester (that is users of Class A drugs such as heroin and cocaine). Approximately 3000 drug users are in contact with treatment services at any one time.

Because people in Manchester experience high levels of multiple deprivation including social exclusion, poverty

and lack of access to services, drug use and drug related crime feature high on the public health agenda.

When considering issues in relation to drug use emphasis must be placed on harm reduction and safer behaviour i.e. safer sex and drug use and issues pertinent to alcohol. The relationship between sex markets and drug markets is also an important issue in relation to crime and public health.

Manchester has a significantly high level of recreational drug and alcohol use that often leads to unsafe behaviour including unprotected sex and should be recognised in any work undertaken.

It is the DAATs (Drug and Alcohol Teams) responsibility to ensure that local needs are addressed in relation to drugs prevention, drugs treatment and rehabilitation, reducing drug related crime and supporting and strengthening communities in their efforts to tackle drug misuse.

Drug services across the city consist of a 4 tier service provision: specialist drug services, community and pharmacy based needle exchange, inpatient services and general and specialist medical services from GPs. See safer behaviour section for more links with drugs as a disinhibitor that may lead to unsafe sexual practices and sexual problems.

Viagra is a treatment for impotence that has become increasingly common as a recreational drug particularly amongst gay men who want to counter act the impotence side effect of ecstasy. Several studies have linked Viagra use to increased risk of unprotected sex and STIs.

Viagra should not be taken in conjunction with poppers or nitrates or with drugs used to treat angina. If nitrates and Viagra are taken together blood pressure may fall to dangerously low levels. Care needs to be taken using Viagra in combination with anti HIV drugs.

STRATEGIC LEAD FOR THE CITY

Drug & Alcohol Strategy Team

Manchester City Council
4th Floor
Heron House
Brazenose Street
Manchester M2 5EA
Tel: 0161 219 6923

NEEDLE EXCHANGES

Open times need to be checked out with each individual exchange.

Ancoats Primary Care Centre

Old Mill St
Ancoats
Manchester M4 6HH
Tel: 0161 274 1652

DASH

The Zion Centre
339 Stretford Road, Hulme
Manchester M15 4ZY
Tel: 0161 226 0202

LifeLine

101-103 Oldham Street
Manchester M4 1LW
Tel: 0161 839 2054

The Manchester Drug Service (North and Central)

The Bridge
104 Fairfield Street
Manchester M1 2WR
Tel: 0161 273 4040

MASH

Unit 14-15
1st Floor Cariocca Business Centre
2 Sawley Road
Miles Platting
Manchester M40 8BB
Tel: 0161 202 2022
Freephone - 0800 183 0499

MASH provides a mobile street service for female sex workers and drug users. Phone for details.

New Start

1st Floor
Alderman Downwood House
Civic Centre
Wythenshaw
Manchester M22 5RF
Tel: 0161 498 0615

Trafford SMS

1-3 Ashton lane
Sale
Manchester M33 6WT
Tel: 0161 905 8583

Waterloo Project

Youth Action Building
Brentfield Avenue
Cheetham Hill
Manchester M8 OTN
Tel: 0161 708 2110

PHARMACIES PROVIDING NEEDLE EXCHANGE

As part of the citywide needle exchange scheme, many pharmacists offer a pack-based exchange consisting of 10 1ml insulin syringes, swabs and citric acid as well as collecting used needles for disposal. The following pharmacists are included in the scheme:

Alliance Pharmacy

3 Delaunays Road
Crumpsall
Manchester M8 4QS
Tel: 0161 740 1323

Faith Pharmacy

59 Booth Street West
Hulme
Manchester
0161 232 8044

Longboon & Wise Chemists

Rusholme Health Centre
Walmer Street
Manchester M14 5NP
Tel: 0161 224 0022

Laudon Chemists

664 Rochdale Road
Harpurhey
Manchester M9 5TT
Tel: 0161 205 1864

Laudon Chemists

407 Queens Road
Collyhurst
Manchester M40 8RL
Tel: 0161 205 5480

Lloyds Pharmacy

Valance Health Centre
Brunswick Street
Ardwick
Manchester M13 9TQ
Tel: 0161 273 1327

Lloyds Pharmacy

Whitswood Close (off Yarburgh Street)
Alexander Park
Manchester M16 7BJ
Tel: 0161 226 9147

Lloyds Pharmacy

226 Wilmslow Road
Fallowfield
Manchester
Tel: 0161 224 3173

Lloyds Pharmacy

52 Bowland Road
Baguely
Manchester
Tel: 0161 998 7114

Lloyds Pharmacy

Manchester Fort
Cheetham Hill Road
Manchester
Tel: 0161 832 3869

Thacker's Pharmacy

436 Altrincham Road
Baguely
Manchester M23 9AB
Tel: 0161 998 3149

Tims and Parker

Valentine Medical Centre
Smethurst Street
Blackley
Manchester M9 8PP
Tel: 0161 202 4366

United Norwest Healthcare

9 Old Church Street
Newton Heath
Manchester M10 6NT
Tel: 0161 682 3311

Wise Pharmacy

11 Anson Road
Victoria Park
Manchester M14 5BY
Tel: 0161 224 1878

Whyte's Pharmacy

5 Kingsway Buildings
Green End Road
Burnage
Manchester M19 1PH
Tel: 0161 432 1478

STATUTORY AGENCIES PROVIDING ADVICE AND SUPPORT

Community Detox Service

Manchester Drug Service
The Bridge
104 Fairfield Street
Manchester M1 2WR
Tel: 0161 273 4040

Manchester Drug Service (North and Central)

The Bridge
104 Fairfield Street
Manchester M1 2WR
Tel: 0161 273 4040

MDS is the community drug treatment service for the City of Manchester. They help to reduce drug related harm to individual drug users, their families, friends and communities. They offer: advice, support, Hepatitis B vaccinations, Hepatitis C testing, treatment, a stimulant service, needle exchanges, specialist midwives and a criminal justice team.

Manchester Drug Service (Central)

Zion Community Health & Resource Centre
339 Stretford Road
Hulme
Manchester M15 5FQ
Tel: 0161 232 7359

Manchester Drug Service (North)

Youth Action Building
Brentfield Avenue
Off Waterloo Road
Cheetham Hill
Manchester M8 0TW
Tel: 0161 705 7110

Manchester Drug Service (South)

Alderman Downward House
Room C1
Civic Centre
Wythenshawe
Manchester M22 5RF
Tel: 0161 490 2251

Manchester Stimulant Service (MDS)

Glentop House
Pimblett Street

Cheetham

Manchester M3 1FU

Tel: 0161 819 2020

They provide help with Crack/Cocaine or amphetamine use.

Ring for an appointment or drop-in any Tuesday or Friday, 9.30am-4.00pm.

Manchester Drugs and Race Unit

Zion Community Resource centre

339 Stretford Road

Hulme

Manchester M15 4ZY

Tel: 0161 226 9145

MDRU is a service within the Black Health Agency

funded by the DAAT that is working to promote equality in drug and alcohol services across the city.

TRANQUILLISERS

Cita

The Council for Information on Tranquillisers and Antidepressants

The JDI Centre

3-11 Mersey View

Waterloo

Liverpool L22 6QA

0151 932 0102 Helpline. Office 0151 474 9626

www.citawithdrawal.org.uk

Provides information, support and counselling for people who have become addicted to tranquillisers

VOLUNTARY SECTOR AGENCIES PROVIDING ADVICE AND SUPPORT

DASH (Drug Advice & Sexual Health)

The Zion Centre

339 Stretford Road

Hulme

Manchester M15 4ZY

Tel: 0161 226 0202

Provide drugs advice, referrals, assessments,

structured day care and sexual health outreach with condom provision.

Eclipse

73 Ardwick Green North

Manchester M12 6FX

M1 7HE

Tel: 0161 273 6686

A young person's (under 19) drug and alcohol service.

LifeLine

101-103 Oldham Street

Manchester M4 1LW

Tel: 0161 839 2054

Provide drugs advice, information, Hepatitis B vaccinations, Hepatitis C testing, a needle exchange and nurse.

New Start Trust

1st Floor

Alderman Downwood House

Civic Centre

Wythenshawe

Manchester M22 5RF

Tel: 0161 498 0615

Offer advice and support for drug users; their partners and families, a drop in service and needle exchange.

FEMALE GENITAL MUTILATION

Female genital mutilation (FGM), which is also known as female circumcision or female genital cutting is a procedure that involves the partial or complete removal of the external female genitalia, for cultural, religious or non-medical reasons. It is illegal in the UK.

The practice is often carried out with basic tools and no anaesthetic. The most common age for FGM to happen is between 4-10 years of age, though this varies depending on the community or family. The health implications that can result from this practice are: severe pain, trauma, infection, urine retention, haemorrhaging, vaginal fistulas and later difficulties in menstruation, pregnancy, childbirth and psychosexual problems.

Most girls who have undergone this practice live in African countries but as a result of immigration and refugee movements, FGM is increasingly practiced here in the UK and in some BME communities there is strong support for it, with an estimated 6,500 girls at risk of FGM within the UK every year.

In the UK, FGM is seen as a form of child abuse but members of communities that practice FGM see it as part of the child's welfare so sensitivity is required by primary care and social services to avoid alienating those communities and the possibility of children getting sent abroad or hidden in their communities. (See BMA- Guidance for UK doctors)

Foundation for Women's Health, Research and Development (FORWARD)

765-767 Harrow Road

London NW10 5NY

Tel: 0208 960 4000

www.forwarduk.org.uk

FORWARD has been recognised as a leader in the field of working and campaigning for the elimination of female genital mutilation to African girls and women. They work within communities providing support and education and offer training to health professionals in the statutory, community and voluntary sector on the issue of FGM and Child Protection.

GUM/SEXUAL HEALTH CLINICS

We are really pleased to announce that from autumn 2008 there will be an integrated sexual health centre opening from purpose built accommodation, centrally located on the corner of Upper Brook St and Hathersage Rd. The service will see the relocation of both contraceptive and GUM services in one place to provide a 'One stop shop' approach for all sexual health needs.

For further details contact the CASH services on: 0161 434 3555

These clinics offer confidential support, advice and information on all issues surrounding sexual health. The service includes screening; testing and treating for sexually transmitted infections and referrals to specialist medical services if required. All services are appointment based and clinic times vary so it is best to ring first. Many of the services offer specialist clinics in relation to HIV, young people's services etc. and some offer community based out-reach. All provision within GUM is confidential under the Venereal Diseases Regulation 1974 and service provision is free to the individual.

The following are the three main statutory GUM/Sexual health clinics based in the three hospitals in Manchester. Please ring for an appointment.

Manchester Centre for Sexual Health

Manchester Royal Infirmary
Oxford Road
Manchester
M13 9WL
Tel: 0161 276 5212/5200

Withington Community Hospital

Sexual Health Department
1st Floor
Nell Lane
Withington
Manchester M20 2LR
Tel: 0161 217 4939

North Manchester General Hospital

Department of GU medicine
Outpatients D
Delauneys Road
Crumpsall
Manchester
Tel: 0161 720 2681

The Palatine Contraception and Sexual Health Services

Patient advice line 0161 217 3553 open weekdays 2.30-3.30pm

Forum Health

Simonsway
Wythenshawe
Manchester M22 5RX
Tel: 0161 490 7142

Opening times:

Monday-Thursday 12.30-2.30pm
3.30-6.30 for under 25s (FRESH)
Friday 12.30-2.30pm
Sat 11.30-2pm for under 25s (FRESH)

Withington Community Hospital

Nell lane
Withington
Manchester M20 2LR
0161 217 3553

Opening times:

Mon and Fri 12.30-2.30pm and 3.30-6.30pm
Tues, Wed, Thurs 9.30-11.30 for appointments
12.30-2.30pm and 3.30-6.30pm

SEXUAL HEALTH/ HIV NETWORKS**The Greater Manchester Sexual Health Network**

c/o Manchester Primary Care Trust
The Silk Mill
Holy Oak Street
Manchester M40 1HA
Tel: 0161 219 9443

Website: www.sexualhealthnetwork.co.uk

This network established in July 2003 is the UK's first comprehensive network including HIV, GUM, family planning, contraception, sexual dysfunction, conception, teenage pregnancy and abortion services, provided by the statutory community and the voluntary sectors. It is joint funded by the Greater Manchester PCTs and the Strategic Health Authority and is working on six key priority areas:

- Access to services
- Termination services
- Information and Technology services
- Integration of services
- HIV services
- Educational and Health promotion/Prevention services

The Network has developed three sector areas working on local priorities these include:

- The North West sector, incorporating Ashton, Leigh and Wigan, Bolton and Salford
- The North East sector, incorporating Bury, Rochdale, Heywood and Middleton, North Manchester and Oldham
- The Central and South sector, incorporating Central and South Manchester, Stockport, Tameside and Glossop and Trafford

The sector groups encourage participation from Primary Care. The Network has proven a powerful way of organising services and creating change, enabling barriers to be broken down between care sectors and focusing solutions on patient care pathways rather than organisations.

SPECIALISED GUM/SEXUAL HEALTH CLINICS FOR GAY AND BISEXUAL MEN

The Jarman Clinic

Withington Community Hospital
Sexual Health department
1st Floor
Nell lane
Withington
Manchester M20 2LR
Tel: 0161 217 4939

Every Wednesday 4.30-7pm

This clinic is specifically for gay and bisexual men and offers a full range of STI/ HIV testing and treatment. Ring for an appointment.

Gay and Bisexual men's outreach service

C/o LGF
Princess House
105-107 Princess Street
Manchester M1 6DD
Tel: 0161 235 8035

This is a weekly nurse led sexual health screening service that is held in various gay male saunas/venues around the city. The service also offers Hepatitis A and B vaccinations where appropriate. For further information regarding times and locations of services please contact the LGF.

SPECIALISED GUM/SEXUAL HEALTH CLINICS FOR YOUNG PEOPLE

Brook

Commonwealth House
Lever Street
Manchester M4 5AZ
Tel: 0161 237 3001
Website: www.brook.org.uk

(Phone for session times - Main entrance on York Street behind Piccadilly Bus Station).

Brook Advisory centres offer free and confidential sexual health advice and services for young people under 19. Services include: contraception, emergency contraception, pregnancy testing, STI screening, termination referrals and counselling.

Young people's clinic (FRESH)

Forum Health

Simons Way

Wythenshawe

M22 5RX

Tel: 0161 490 7142

Freshline: 0845 120 0710

Website: www.fresh4manchester.com

This clinic offers free contraception, pregnancy testing, emergency contraception, condoms, advice and referral for terminations, some testing for sexually transmitted infections, someone to talk to and general health advice.

Opening times: Monday to Thursday 3.30-6.30pm
Saturday 11.30-2.00pm

Young Person's Sexual Health Drop-In Clinic

Manchester Centre for Sexual Health

Manchester Royal Infirmary

Oxford Road

Manchester M13 9EL

Tel: 0161 276 5212 (female)

0161 276 5200 (male)

Open Wednesdays 3.30-5.30pm

This is a free service for anyone who is 19 or under and provides sexual health advice, screening and treatment.

HEPATITIS

Hepatitis means inflammation of the liver. An inflamed liver can also be caused by drinking too much alcohol, the side effects of some medicines and chemicals or a liver disease called Auto-Immune Hepatitis. However, the most common cause is being infected with a virus. Hepatitis A, B and C are all viral infections that affect the liver, which is one of the largest internal organs in the body. Vaccinations are available for both Hepatitis A and B but there is no vaccination against Hepatitis C. It is very important that people with HIV are vaccinated against hepatitis A and B.

HEPATITIS A

Hepatitis A vaccination is recommended for certain groups engaging in risky sexual activity, HIV positive individuals and people with Hepatitis C.

About Hepatitis A

Hepatitis A can cause a short term or acute illness that often lasts up to ten to fourteen days. If someone is HIV positive they might be sick for longer. Once someone has had Hepatitis A they cannot get it again. Hepatitis A is most commonly found in human faeces. Countries that have poor sewage treatment standards have higher levels of Hepatitis A.

Symptoms

Nausea, vomiting, diarrhoea
Loss of appetite

People who are at risk

People who visit countries with poor sanitation
People whose sexual practice involves rimming or scat related activities

How it is transmitted

Contact with human faeces
Contaminated food, drinking water and ice cubes
Salads or fruit washed in contaminated water
Sexual activities particularly rimming (oral contact with the anus)

Prevention

By being vaccinated against Hepatitis A before visiting countries where sanitation can be poor
By avoiding inadequately cooked shellfish, salads, fruit, ice cubes and unpasteurised milk in high risk countries
By vaccination if your sexual practices include rimming

HEPATITIS B

The Department of Health guidance on immunisation against infectious diseases, in 1996, recommended that injecting drug users are immunised against Hepatitis B and the National Strategy for Sexual Health and HIV (2001) set a standard for all men who have sex with men to be offered Hepatitis B vaccine on first attendance at a GUM clinic. In Manchester there are a number of agencies offering vaccinations for target groups. These include statutory and voluntary services working with injecting drug users (including shared care services), gay and bisexual men and sex workers.

It is recommended that all at-risk groups be offered vaccinations as appropriate including through Primary care.

The Hepatitis B vaccine is a relatively safe and reliable preventative intervention; it may also be used as part of post exposure treatment to reduce the risk of an individual becoming infected.

About Hepatitis B

Hepatitis B is a virus that can cause severe and even fatal damage to the liver. Hepatitis B is highly infectious and very easily transmitted from person to person. Most people who receive treatment for Hepatitis B will recover completely and get rid of the virus from their bodies. However, a small number (between 2-10%) of people will become a carrier, and a few carriers may develop serious long-term liver problems such as cirrhosis or even liver cancer.

Symptoms

The majority of people infected with Hepatitis B have no symptoms to suggest that they have the infection. It is usually diagnosed through routine blood tests.

If symptoms do occur they may include:

Nausea & vomiting

Loss of appetite

Abdominal pain; especially in the liver area

Aching joints & tiredness

Fever

Jaundice – yellowing of the skin including the whites of the eyes, dark urine with pale coloured stools.

People who are at risk

Anyone who injects or has ever injected drugs and has shared equipment including needles, syringes, filters, spoons or water

Anyone who has had unprotected (without a condom) sex either with a man or woman who has Hepatitis B

Anyone who has had medical or dental treatment in a country with high levels of Hepatitis B infection

People from countries that have high levels of Hepatitis B in the population e.g. Asia and Africa

Babies born to mothers who have acute hepatitis B during pregnancy or to mothers who are 'carriers' of Hepatitis B

How it is transmitted

Contact with infected blood, semen or vaginal secretions from a person who has Hepatitis B

A pregnant woman may pass Hepatitis B onto her unborn child

From sharing needles & other injecting equipment, razors, toothbrushes or any other 'articles' contaminated with blood, semen or vaginal secretions

The Hepatitis B virus cannot penetrate intact skin but can enter the body via cuts, abrasions, needle stick injuries and open wounds such as weeping eczema.

Prevention

Using a condom for vaginal, anal and oral sex

Not sharing injecting equipment, razors or toothbrushes

Having tattoos, piercings & electrolysis undertaken at reputable establishments asking for new & unused needles to be used

Covering all cuts, grazes & abrasions with waterproof plasters

Vaccinating people who are at a higher risk of contracting Hepatitis B

HEPATITIS C

Hepatitis C is a virus that can cause severe and even fatal damage to the liver. Only a small proportion of people get rid of the infection naturally with 85% going on to develop chronic Hepatitis C. The severity of the disease can be affected by the strain of Hepatitis C and faster disease progression is affected by factors such as heavy alcohol intake, having HIV or being older. Some people may develop serious long-term liver problems such as cirrhosis or even liver cancer twenty to forty years after being infected.

Symptoms

Less than 5% of people experience symptoms when they are first infected. But symptoms can include:

Jaundice

Diarrhoea

Sickness

50% of people suffering longer-term infection can experience:

Extreme tiredness

Feeling unwell

Weight loss

Depression

Intolerance of alcohol and fatty foods

People who are at risk

Anyone who injects or has ever injected drugs and has shared equipment including needles, syringes, filters, spoon or water

Anyone who has had unprotected (without a condom) sex either with a man or woman who has Hepatitis C

Anyone who has had medical or dental treatment in a country with high levels of Hepatitis C infection

People from countries that have high levels of Hepatitis C in the population e.g. Asia and Africa

Babies born to mothers who have acute Hepatitis C during pregnancy or to mothers who are 'carriers' of Hepatitis C

How it is transmitted

Through contact with infected blood

By sharing needles and other drug injecting equipment, razors, toothbrushes or articles contaminated with blood

Infected blood products

Prevention

Using a condom for vaginal, anal and oral sex

Not sharing injecting equipment, razors or toothbrushes

Having tattoos, piercings & electrolysis undertaken at reputable establishments and asking for new & unused needles to be used

Covering all cuts, grazes & abrasions with waterproof plasters

ORGANISATIONS

The British Liver Trust

2 Southampton Road

Ringwood

BH24 1HV

Tel: 08707 708028

Website: www.britishlivertrust.org.uk

VACCINATION CLINICS

You may be offered a Hepatitis A vaccination if clinically appropriate as well as Hepatitis B.

Manchester Centre for Sexual Health

Manchester Royal Infirmary

Oxford Road

Manchester

M13 9WL

Tel: 0161 276 5212/5200

Withington Community Hospital

1st Floor
Sexual Health Department
Nell Lane
Withington
Manchester M20 2LR
Tel: 0161 217 4939

North Manchester General Hospital

Department of GU medicine
Outpatients D
Delaunays Road
Crumpsall
Manchester
Tel: 0161 720 2681

Ancoats Community Clinic

Ancoats Primary Care Centre
Old Mill St
Ancoats
Manchester M4 6HH
Tel: 0161 274 1652

Ancoats offers a specialist harm reduction and needle exchange service, which includes: referral, advice and support. Additionally the clinic has a minor injuries treatment room available 9am-9pm every day.

LGF

Princess House
105-107 Princess Street
Manchester M1 6DD
Tel: 0161 235 8035

Website: www.lgf.org.uk

Helpline: 0845 30 30 30 (6pm-10pm every day)

The Lesbian and Gay Foundation is the UK's leading lesbian, gay and bisexual community organisation. Based in Manchester, they provide services and support to people throughout the North West. Services include: counselling, helpline and a variety of social groups, Hepatitis B vaccination programmes and a sexual health clinic.

The Manchester Drug Service (North and Central)

The Bridge
104 Fairfield Street
Manchester M1 2WR
Tel: 0161 273 4040

MDS is the community drug treatment service for the City of Manchester. They help to reduce drug related harm to individual drug users, their families, friends and communities. They offer: advice, support, hepatitis A and B vaccinations, Hepatitis C and HIV testing, treatment, a stimulant service, needle exchanges, specialist midwives and a criminal justice team. Hepatitis clinic: Wednesday afternoons.

This service also leads on shared care for the city.

Manchester drug Service (North)

Youth Action Building
Brentfield Avenue
Off Waterloo Road
Cheetham Hill
Manchester M8 0TW
Tel: 0161 705 7110

Manchester Drug Service (Central)

Zion Community Health & Resource Centre
339 Stretford Road
Hulme
Manchester M15 5FQ
Tel: 0161 232 7359

Manchester Drug Service (South)

Alderman Downward House
Room C1
Civic Centre
Wythenshawe
Manchester M22 5RF
Tel: 0161 490 2251

MASH (Manchester Action on Street Health)

Unit 14-15
Cariocca Business centre
2 Sawley Road
Miles Platting
Manchester M40 8BB
Tel: 0161 202 2022
Freephone: 0800 183 0499
Website: www.mash.org.uk

MASH is a sexual health promotion/HIV prevention organisation for female sex workers/ migrant sex workers and drug users in Greater Manchester. They offer support and outreach to sex workers in saunas/massage parlours and street workers from a night time mobile unit. MASH offers advice and information, Hepatitis B vaccinations, pregnancy testing, needle exchange, specialist drug workers, first aid and wound dressing, a drug liaison midwife and a court liaison and diversion scheme.

HIV

The increasing incidence of HIV/AIDS has resulted in the infection becoming a major international health concern in the 21st century. Nationally each year more than 1.5 million new episodes of STIs (including HIV) are seen in UK clinics and the figures seem set to rise. The North West has the highest incidence of HIV and HIV related illness outside of London and the South East, with the majority of these occurring within

Manchester.

Work to address these issues includes city-wide strategy and policy linked to specific target groups, focusing on the following rationale:

- High prevalence of HIV and STIs
- High incidence rates of HIV and STIs
- Featured in National strategies and priorities
- Issues around access to services, excess use of alcohol and drugs, discrimination, risk taking behaviour and lack of education

The groups currently prioritised are: gay, bisexual and men who have sex with men, black and minority ethnic communities, young people and vulnerable groups.

Criminalisation of HIV transmission

Criminal prosecution of HIV transmission is an issue rising up the agenda. In the past 6 years there have been 8 convictions in England and Wales for the reckless transmission of HIV during sex.

It is important that primary care staff are aware of the following issues in which criminal liability for HIV transmission may impact on the advice and support they give.

- Confidential records will be subpoenaed by the courts in the case of a prosecution
- Primary care staff may be requested to give evidence or supporting statements in relation to their patients.
- Primary care and clinic based staff may face the ethical dilemmas of being aware of HIV positive patients not engaging in safer sex, or being unprepared to disclose their HIV status to their sexual partners

About HIV

HIV is short for Human Immunodeficiency Virus.

For someone to become infected with the HIV virus, the virus needs to get into the blood stream. The body fluids that contain enough of the HIV virus to infect someone are blood, semen, and vaginal secretions including menstrual blood and breast milk. Saliva, sweat and urine do not contain enough of the virus to infect someone. HIV cannot pass through intact external skin, or through the air like colds & flu.

The HIV virus attacks the body's immune system, making it harder to fight off infections. It targets certain white blood cells known as CD4 or T4 cells. The lower someone's CD4 count is, the lower his or her immune system will be.

AIDS stands for Acquired Immune Deficiency Syndrome. An immune system damaged by the HIV virus leaves someone vulnerable to serious infections that may not normally be a threat i.e. tuberculosis, pneumonia and certain cancers. It is preferable these days to use the term 'Advanced HIV Infection' rather than AIDS.

Symptoms

It is very difficult to be specific about symptoms as they vary so very much from person to person. The vast majority of people who have HIV will have no symptoms at all for many years. The only reliable method of detecting whether someone has HIV is to have a blood test specifically to test for HIV antibodies.

Testing

The HIV antibody test is the most common method of testing for HIV. It checks for antibodies produced by the body in response to the presence of HIV. When someone is infected with HIV it can take up to 3 months for the body to produce enough antibodies to be detected by the HIV blood test. In very rare cases it can take longer; up to 6 months. The period of time from contracting the virus to being able to have an accurate HIV test result is known as the incubation or window period.

Transmission

The main ways that HIV can be transmitted in the UK to another person are:

- Sex without a condom – HIV can be transmitted from one person to another through unprotected vaginal & anal sex. A small risk exists with oral sex
- Injecting drug use - HIV can be transmitted by using needles or syringes or injecting equipment (works) that someone with HIV has already used
- Mother to baby – a pregnant woman who has HIV may pass the virus to her baby before birth, during delivery or whilst breastfeeding
- Organ transplant, blood transfusion or blood products – since 1985 all blood/blood products and tissue/organ donations in the UK have been screened for HIV prior to use

Treatment

At the current time there is no 'cure' for HIV, although there are powerful anti-HIV drug treatments that are available. These drugs taken in various combinations can slow down the damage that HIV does to the immune system. It is important to remember that some prescribed and illegal drugs can interact with HIV medication. Care needs to be taken for example when using Viagra in combination with anti-HIV drugs.

ANTENATAL HIV SERVICES

Antenatal HIV testing was introduced nationally as a result of the DOH Health Service Circular (1999). The directive recommended that all pregnant women should be offered HIV testing at their booking visit. The driver for this intervention came as a result of research and global concerns about the rising rates of HIV. A 1994 French/American double blind placebo controlled ACTG 006 trial, proved that anti-retroviral treatment, AZT given in pregnancy, could reduce the incidence of mother to child transmission of HIV from 25% without treatment to 8% with. Additional recommendations include:

- That HIV positive pregnant women deliver by elective caesarean
- That the baby receives prophylactic antiretroviral medication
- Women are advised to bottle feed

These interventions reduce transmission rates to less than 1%.

Early diagnosis and treatment will improve long-term health.

By taking special drugs during pregnancy and labour, and also giving the baby drug treatment and follow up after birth, HIV transmission can be reduced.

Manchester Specialist Midwifery Service

Zion Centre
339 Stretford Road
Hulme
Manchester M15 4ZY
Tel: 0161 226 9383

The Manchester Specialist Midwifery Service provides a service to women and their families where drug and alcohol use is problematic. It also supports and co-ordinates the care for HIV positive women identified through the antenatal HIV screening program.

Specialist Midwife (HIV)

St Mary's Hospital
Tel: 07773 348393

Specialist Midwife (Drugs and Alcohol)

Zion Community Resource Centre
 339 Stretford Road
 Hulme
 Manchester M15 42Y
 Tel: 0161 226 6669 or 0777 834 1923 or 0781 493 8405

Specialist Midwife (Mental health/Domestic violence)

Zion Community Resource Centre
 339 Stretford Road
 Hulme
 Manchester M15 42Y
 0161 226 6669 or 0796 606 8319

ANTENATAL TESTING CLINICS**St Mary's Hospital**

Tel: 0161 276 6423

North Manchester General Hospital

Tel: 0161 720 2769

Withington Community Hospital

Tel: 0161 217 3082

Wythenshawe Hospital

Tel: 0161 291 2958/2959

HIV NETWORKS**The Greater Manchester Sexual Health Network**

c/o Manchester Primary Care Trust
 The Silk Mill
 Holy Oak Street
 Manchester M40 1HA
 Tel: 0161 219 9443
 Website: www.sexualhealthnetwork.co.uk

This network established in July 2003 is the UK's first comprehensive network including HIV, GUM, family planning, contraception, sexual dysfunction, conception, teenage pregnancy and abortion services, provided by the statutory community and the voluntary sectors. It is jointly funded by the Greater Manchester PCTs and the Strategic Health Authority and is working on six key priority areas:

- Access to services
- Termination services

- Information and Technology services
- Integration of services
- HIV services
- Educational and Prevention services

The Network has developed three sector areas working on local priorities these include:

- The North West Sector, incorporating Ashton, Leigh and Wigan, Bolton and Salford
- The North East sector, incorporating Bury, Rochdale, Heyward and Middleton, North Manchester and Oldham
- The Central and South sector, incorporating Central and South Manchester, Stockport, Thameside and Glossop and Trafford

The sector groups encourage participation from Primary Care. The Network has proven a powerful way of organising services and creating change, enabling barriers to be broken down between care sectors and focusing solutions on patient care pathways rather than organisations.

HIV TESTING CLINICS

The following are the three main statutory GUM/Sexual health clinics based in the three hospitals in Manchester. Please ring for an appointment.

North Manchester General Hospital

Department of Infectious Diseases
North Manchester General Hospital
Delaunays Road
Crumpsall
Manchester M8 5RB
Tel: 0161 720 2845 (HIV tests only)

Manchester Centre for Sexual Health

Manchester Royal Infirmary
Oxford Road.
Manchester
M13 9WL
Tel: 0161 276 5212/5200

This service includes HIV testing as part of its specific young persons clinic held on Wednesdays 3.30-5.30pm.

Withington Community Hospital

Sexual Health Department
1st Floor
Nell Lane
Withington
Manchester M20 2LR
Tel: 0161 217 4939

The Jarman Clinic

Withington Community Hospital

1st Floor

Nell lane

Manchester M20 2LR

Tel: 0161 217 4939

Every Wednesday 4.30-7pm

This clinic is specifically for gay and bisexual men and offers a full range of STI/ HIV testing and treatment. Ring for an appointment.

HIV TESTING IN THE COMMUNITY

Gay and Bisexual men's outreach service

C/o LGF

105-107 Princess House

Princess Street

Manchester M1 6DD

Tel: 0161 235 8035 (for information)

This is a weekly nurse-led sexual health screening service that is held in various gay male saunas/venues around the city. The service also offers Hepatitis A and B vaccinations where appropriate. For further information regarding times and locations of services please contact the LGF.

HIV TREATMENT AND COMMUNITY CARE SERVICES

North Manchester General Hospital

Department of Infectious Diseases

North Manchester General Hospital

Delaunays Road

Crumpsall

Manchester M8 5RB

North Manchester General Hospital hosts the regional HIV Specialist Treatment Centre where HIV testing, treatment, counselling, occupational therapists, dieticians, pharmacy, welfare rights adviser and community care can be accessed.

Care Managers (social services)

Tel: 0161 720 2640/2634

Provide advice, community care assessments, referrals and services for HIV positive people living in Manchester.

Community Liaison Nurses

Tel: 0161 720 2638

Specialist HIV nurses who coordinate the care between hospital and home.

Manchester Centre for Sexual Health

Manchester Royal Infirmary

Oxford Road.
Manchester
M13 9WL
Tel: 0161 276 5212/5200
Provides HIV testing, treatment, counselling and support.

HIV Specialist Nurse Service

Manchester Royal Infirmary
Oxford Road
Manchester M13 9WL
Tel: 0161 276 5221
Provides support for HIV patients, their partners and families.

Withington Community Hospital

Sexual Health Department
1st Floor
Nell Lane
Withington
Manchester M20 2LR
Tel: 0161 217 4939
Provides HIV testing, treatment and counselling.

VOLUNTARY HIV SECTOR SERVICES

In the beginning of the HIV/AIDS pandemic, voluntary agencies played a major role in prevention, education and advice to people about HIV, and they continue to do so.

Manchester has a successful history of partnership working with the voluntary sector and this is recognised by their involvement in strategy, policy and commissioning. Manchester supports the voluntary sector through on-going contracts, which recognise their crucial role in tackling the epidemic in this country.

Barnardos Health Through Action Project

Gregory's Place
69 Ardwick Green North
Manchester M12 6ES
Tel: 0161 273 2901
Support for children and young people (up to 18) with HIV and living in families affected by HIV.

Black Health Agency

464 Chester Road
Manchester M16 9HE
Tel: 0845 450 4247
Website: www.blackhealthagency.org.uk
The Black Health Agency and its projects exist to work with and for African, Caribbean, South and South East Asian communities as well as a diverse range of other marginalised groups. Their HIV support service provides befriending, advocacy and information for people who are affected by HIV.

Body Positive North West

39 Russell Rd
 Whalley range
 Manchester M16 8DH
 Tel: 0161 882 2200
 Helpline: 882 2202

Provides services to those living with or affected by HIV/AIDS in the North West. They offer help/advice, advocacy, drop-ins, befriending, therapies/ treatment and counselling.

George House Trust

77 Ardwick Green North
 Manchester M12 6FX
 Tel: 0161 274 4499
 Fax: 0161 274 3355
 Website: www.gh.t.org.uk

George House Trust provides advice, support and services for people living in the North West with HIV and for people affected by HIV (including partners, children, carers and family). They also provide advice with money, welfare rights, employment and immigration support. All services are free.

Positively Women

347-349 City Road,
 London EC1V 1LR
 Tel: 0207 7130444
 Helpline: 0207 7130222
 Website: www.positivelywomen.org.uk

The only service in the UK offering specific support to women.

WELFARE RIGHTS**Welfare Rights Adviser**

Tel: 0161 234 3305
 Specialist HIV welfare rights worker with sessions at George House Trust, North Manchester General Hospital and Manchester Town Hall.

George House Trust

77 Ardwick Green North
 Manchester M12 6FX
 Tel: 0161 274 4499
 Fax: 0161 274 3355
 Website: www.gh.t.org.uk

George House Trust provides advice, support and services for people living in the North West with HIV and for people affected by HIV (including partners, children, carers and family). They also provide advice with money, welfare rights, employment and immigration support. All services are free.

Disability Rights Commission

DRC Helpline

FREEPOST MID02164

Stratford-upon-Avon

CV37 9BR

Helpline: 08457 622 633

Textphone: 08457 622 644

Website: www.drc.org.uk

Provides advice and information to disabled people, employers and service providers on the law and supports people with getting their rights.

LESBIAN, GAY AND BISEXUAL

Manchester has the largest lesbian, gay and bisexual population in Britain outside of London with an estimated population in the North West of 400,000 LGBT people (5-7% of the population).

In celebrating the diversity within the city and acknowledging the important social and cultural role of the 'gay village' we need to address the implications of increased drug and alcohol use and its link to unsafe sexual behaviour.

Whilst Manchester is perceived as a more open and accepting city in terms of lesbian, gay and bisexual people, prejudice, discrimination, bullying and homophobic abuse still exists. Additionally, many LGBs will experience family conflict, low self-esteem, isolation and depression, which often contributes to risky behaviour. This may manifest in increased smoking, drug and alcohol use, unsafe sex with multiple partners and lack of condom use for example;

84% of all HIV infections diagnosed in 2003 that were acquired in the UK (HPA, 2004) were in men who have sex with men (MSM). Rates of STIs amongst MSM have also increased notably since the 1999 Syphilis epidemic in Manchester. Men who have sex with men remain the group at highest risk of acquiring HIV infection in the UK.

Reproductive health is an increasing issue for lesbians who want children, in relation to the requirement for donor sperm. This raises important issues around artificial insemination and screened donor sperm. Artificial insemination often takes place without support of primary care and acute services due to real and perceived negative attitudes and response to the concept of lesbians having children.

The Lesbian & Gay Foundation (LGF)

Princess House

105-107 Princess Street

Manchester M1 6DD

Tel: 0161 235 8035

Website: www.lgf.org.uk

Helpline: 08453 30 30 30 (6pm-10pm every day)

The LGF is the UK's largest lesbian, gay and bisexual community organisation. Based in Manchester, they provide services and support to people throughout the North West. Services include: counselling, telephone helpline and a variety of groups.

The Lesbian Community Project

PO Box 153

Manchester M60 1LP

Tel: 0161 273 7128

Website: www.manchesterlcp.org.uk

The LCP provides advice, support and information to lesbian and bisexual women in Manchester and the surrounding areas. They support various groups and networks and can offer help in setting up new groups.

HATE CRIME

Action on hate crime

This is a Helpline for anyone that has experienced hate crime.

Helpline: 0161 236 7600

Help us to help you! Greater Manchester Police at the LGF

This is a friendly, confidential and supportive service for lesbian, gay, bisexual or transgender people who have experienced hate crime, harassment or any other crime. They provide a drop in service at the Lesbian and Gay Foundation on Thursdays 6-8pm.

LGB FAMILIES

Pink Parents

PO Box 417

Oldham

OL2 7WT

Helpline: 08701 273 274

www.pinkparents.org.uk

Support and social activities for LGBT families and families to be and training for professionals.

FFLAG (Families and friends of lesbians and gays)

7 York Court

Wilder Street

Bristol BS2 8HQ

Tel: 0117 9429311 (Phone for a group or helpline near you)

Website: www.fflag.org.uk

FFLAG is a national voluntary organisation that offers support to parents and families in their efforts to understand and accept the sexuality of their lesbian, gay or bisexual sons and daughters. They have groups and helplines across the country which provide a chance to speak to other parents.

SPECIALIST SEXUAL HEALTH CLINICS

The Jarman Clinic

Withington Community Hospital

1st Floor
Nell lane
Withington
Manchester M20 2LR

Tel: 0161 217 4939

Every Wednesday 4.30-7pm

This clinic is specifically for gay men and offers a full range of STI/ HIV testing and treatment. Ring for an appointment.

Gay and Bisexual men's outreach service

C/o LGF
105-107 Princess House

Princess Street

Manchester M1 6DD

Tel: 0161 235 8035 (for information)

This is a weekly nurse led sexual health screening service that is held in various venues around the city. The service also offers Hepatitis A and B vaccinations where appropriate. Phone for further information regarding venues.

YOUNG LGB'S

Albert Kennedy Trust

Princess House
105-107 Princess Street

Manchester M1 6DD

Tel: 0161 228 3308

Website: www.akt.org.uk

Albert Kennedy provides supportive and caring homes for young lesbian, gay and bisexual people.

LGYM (Lesbian and Gay Youth Manchester)

Tel: 0161 273 7838

www.lgym.org.uk

LGYM is a lesbian, gay and bisexual project based in the city centre for LGBs aged 14-25. It provides a safe space for young LGB people and a range of social activities.

MENOPAUSE

Most women think of the menopause as the time of life leading up to, and after, their last period, when a women's ovaries start to slow down on the production of oestrogen. This is commonly known as the 'change of life'. The average age of the menopause in the UK is 51. Some women experience an earlier menopause if it runs in the family, or if they have had a hysterectomy or cancer therapy.

The changes in hormone levels during the menopause can cause irregular periods, hot flushes, night sweats, and vaginal dryness. Women can also experience aching joints, stress incontinence, anxiety, dizziness, loss of sexual interest, fatigue and disturbed sleep (most often due to night sweats).

After the menopause women lose bone mass at a higher rate than ever before. This can lead to Osteoporosis. Regular exercise (such as walking, dancing and particularly weight bearing activities), stopping smoking and getting plenty of calcium prevents bone loss. Hormone Replacement Therapy (HRT) can ease the symptoms of hot flushes/ night sweats, and restore the vagina's elasticity and natural lubrication. However, there is a small increased risk of developing breast cancer. As a result it is recommended that women over 50 who take HRT should only take it until the worst of the symptoms have passed, usually 1-3 years. Women who have an early menopause are advised to take HRT until the usual age of menopause.

MENTAL HEALTH

Nationally, suicide is the most common cause of death for males under 35. Manchester's population has a very high level of mental health problems largely due to high levels of deprivation and poverty. Manchester is also ranked as having the highest mental health needs in the country. It is also important to acknowledge that low self-esteem is clearly linked with drug and alcohol misuse and risky sexual behaviours. Drug and alcohol misuse and persistent risky sexual behaviour are all a form of self-harm and may be used by people as a way of coping with their lives.

Some facts:

- 75% of suicides in the UK are by young men
- Doctors are less likely to diagnose men with depression than women
- Physical illness, for example impotence, is a major contributory factor in men developing mental distress
- Men are more likely than women to be diagnosed with antisocial, paranoid and schizoid personality disorders
- It has been estimated that African-Caribbean men and in particular black men born in Britain are between 2.4 and 18 times more likely to be given a diagnosis of schizophrenia than the general population

LGB

Young lesbian, gay, bisexual and transgender people are 3-6 times more likely to attempt suicide than their heterosexual peers and account for at least 30% of all suicides. LGB youth are also more likely to experience bullying at school and suffer the long-term effects on their mental health.

Research suggests that gay men do not feel comfortable accessing Primary Health Care Services because they have experienced homophobia within the NHS. Only 25% of those surveyed found their GPs accepting of their sexuality. Only 4% found mental health services to be gay friendly.

Some gay people internalise negative attitudes towards their sexuality and experience feelings of self hatred, shame and low self-esteem which contribute to risk factors for alcohol and drug dependency and unsafe sexual practice.

Young men

12 young men kill themselves every week in the UK. And it is suggested that macho stereotypes are preventing young men from asking for help. More than 1 in 3 young men would smash something up instead of talking about their feelings. 11% of 5-15 year olds are diagnosed as having some form of mental health problem compared to 8% of girls.

Safer behaviour

Individuals with mental health problems show significantly high levels of substance misuse, including high

levels of alcohol use and long-term use of drugs. This may lead to unsafe sexual practices and sexual problems such as erectile dysfunction, and loss of libido.

Dual diagnosis

When both substance misuse and mental illness coexist many service users, carers and practitioners struggle with the separate provision of services. Subsequently when the two conditions coexist, problems such as those listed below occur;

- Mental health often deteriorates
- Risk of suicide and harm to others increases
- Substance misuse becomes more problematic
- Lifestyle becomes more chaotic
- Carer and other forms of support are prone to breakdown and disengagement
- Services often pass clients on or exclude when a second condition (substance misuse or mental health problems) exists
- Practitioner skills do not usually extend to a second sphere of expertise (substance misuse or mental health intervention)

Bangladeshi Women's Organisation

360 Dickinson Road
Longsight
Manchester M13 ONG
Tel: 0161 257 3867

Promotes awareness and provides practical support around mental health, education and welfare rights.

African & Caribbean Mental Health Services

Zion Community Resource Centre
339 Stretford Road
Hulme
Manchester M15 4ZY
Tel: 0161 226 9562

42nd Street

2nd Floor Swan Buildings
20 Swan Street
Manchester M4 5JW
Tel: 0161 832 0169

Helpline: 0161 832 0170 (Mon, Tues, Fri 12.30 - 4.30pm).

Provide a dedicated support service to young people experiencing stress and mental health problems. They provide counselling, drop-ins, groups, self help resources and a participation programme.

Black Health Agency

464 Chester Road
Manchester M16 9HE
Tel: 0845 450 4247
Website: www.blackhealthagency.org.uk

The Black Health Agency and its projects exist to work with and for African, Caribbean, South and South East Asian communities as well as a diverse range of other marginalised groups, such as refugees and

asylum seekers. Their HIV support service provides befriending, advocacy and information for people who are affected by HIV.

Sahara project provides advice on well-being and mental health related services for refugees and asylum seeking communities of North Manchester.

The Lesbian & Gay Foundation (LGF)

Princess House

105-107 Princess Street

Manchester M1 6DD

Tel: 0161 235 8035

Website: www.igf.org.uk

Helpline: 08453 30 30 30 (6pm-10pm every day)

The LGF is the UK's leading lesbian, gay and bisexual community organisation. Based in Manchester, they provide services and support to people throughout the North West. Services include: counselling, telephone helpline and a variety of groups.

Manchester Public Health Development Service (North base)

Victoria Mill

Lower Vickers Street

Miles Platting

Manchester

M40 7LJ

Tel: 0161 861 2900

The MPHDS works to improve health across the city by working in partnership with other organisations, groups and the local community. They have a team of health advisors and two resource libraries. Areas of work include: Accident Prevention, Alcohol, Cancer Prevention, Health at work, Healthy Schools and Young People, Mental Health, Mobility and Falls Prevention, Older People's Health, Preventing Coronary Heart Disease and Sexual Health/HIV Prevention/Needle Exchange.

MIND in Manchester

The Progress Centre

Charlton Centre

Ardwick Green

Manchester M12 6SF

Tel: 0161 272 8204

A mental health charity offering information, services, education and campaigning.

Wai Yin

61 Mosley Street

Central Manchester

Manchester M2 3HZ

Tel: 0161 237 5908

Offers education, mental health and employment service to the Chinese community, including a Youth project open to all young people aged between 16 and 25.

Smithfield project

Thompson Street

Collyhurst

Manchester M4 5FX
Tel: 0161 839 8829
Website: www.turning-point.co.uk
Advice, information and support on alcohol, drugs and mental health problems.

NEEDLE EXCHANGES

Intravenous drug use has long been recognised as a possible transmission route for blood borne viruses, the most virulent being Hepatitis B and C as well as HIV. HIV transmission rates attributable to intravenous drug use in Manchester have historically remained constant at less than 2% of notifications of infections. Much of this is due to the well-developed network of harm reduction services available in Manchester.

Primary functions of needle exchanges are to provide clean needles and syringes in exchange for used ones and offer a safe disposal facility. Additionally, services provide advice and support on safer injecting, direct interventions or referral for a wide range of related symptoms including minor injuries and wound care, treatment for leg ulcers and abscesses. Needle exchanges are often a gateway to drug treatment services, including detoxification and rehabilitation. In recognition of safer behaviour all exchanges supply condoms. Opening times need to be checked out with each individual exchange.

Ancoats Primary Care Centre

Old Mill Street
Ancoats
Manchester M4 6HH
Tel: 0161 274 1652

DASH

The Zion Centre
339 Stretford Road, Hulme
Manchester M15 4ZY
Tel: 0161 226 0202

MASH (Manchester Action on Street Health)

Unit 14-15
Cariocca Business centre
2 Sawley Road
Miles Platting
Manchester M40 8BB
Tel: 0161 202 2022
Freephone: 0800 183 0499
Website: www.mash.org.uk
MASH provides a mobile street service for female sex workers and drugs users. Phone for details.

New Start Trust

1st Floor
Alderman Downwood House
Civic Centre

Wythenshawe
 Manchester M22 5RF
 Tel: 0161 498 0615

Offer advice and support for drug users their partners and families, a drop in service and needle exchange.

LifeLine

101-103 Oldham Street
 Manchester M4 1LW
 Tel: 0161 839 2054

OLDER PEOPLE

The number of Manchester residents, who are aged over 60, is lower than the proportion for England as a whole. This may be due in part, to Manchester’s high levels of deprivation and the tendency for older, better off residents choosing to move out of the city. However, the numbers are expected to rise. Nationally, by 2030, half the population will be over 50.

For the purpose of this directory we are classing an older person as 50 plus.

There is often a belief that older people are not sexually active and have no rights and needs in relation to sexual health. In a society primarily focused on a medical model of sexual health i.e. reproduction, it is important that primary care acknowledges the rights of older people to be sexually active

However, to date there is very little targeted information or service provision to support good sexual health in older people. This is reflected in current statistics showing increased levels of STIs and HIV in the over 50s. Recent research shows that people in their 50’s are highly receptive and motivated to change their behaviour. This provides us with a good opportunity to promote health and sexual health. This might include teaching the over 50’s who are entering new sexual relationships about how to put condoms on, or providing them with information about STIs.

Primary care is particularly well situated to support work in these areas.

There are particular sexual health problems that can arise for older people.

- Older people after a heart attack or a diagnosis of heart disease can become fearful about re-establishing sexual activity. Primary care can support work in this area.
- The effects of alcohol are stronger and will last longer in older people because of reduced efficiency of liver enzymes and increased responsiveness in the central nervous system
- In older men medications for high blood pressure can prevent erections, so too can too much alcohol.
- Older men that experience erectile problems might use Viagra. Viagra is a treatment that has become increasingly available and popular for this. However, several studies have linked Viagra use to increased risk of unprotected sex and STIs. Viagra should not be taken in conjunction with drugs used to treat angina and care needs to be taken when using Viagra in combination with anti HIV drugs.
- Menopausal women, who are sexually active with men, can still get pregnant until their periods have completely stopped. Contraception needs to be used for two years after their last period if they do not want children.

- It is common for women over 50 to use alcohol to relieve menopausal symptoms such as anxiety or broken sleep. However, reducing alcohol intake does help to alleviate hot flushes, palpitations, night sweats, insomnia and vaginal dryness.
- Menopausal symptoms such as vaginal dryness and the loss of elasticity to the vagina can be extremely uncomfortable for women but easily remedied with local vaginal pessaries and gels.

Age Concern Manchester

Swan Buildings
20 Swan Street
Manchester M4 5JW
Tel: 0800 027 57 87

This service promotes positive attitudes towards ageing and offers several Ageing Well groups across the city, usually based in sheltered accommodation, which encourage social and fitness activities. They also offer counselling for a range of problems such as bereavement, loneliness, sexual and marital problems. Legal advice and information on benefits is also available.

Action on Elder Abuse.

Helpline on free phone 0808 808 8141

Elder abuse occurs when an older man or woman is harmed, mistreated or neglected.

Manchester Healthy Ageing Group/valuing older people project

www.manchester.gov.uk

PRISONERS

Prior to sentencing, men and women who end up in prison are more likely to engage in sexual and drug injecting risk behaviour than the general population.

Prisoners are up to five times more likely to contract HIV than the general population, and more likely to be infected with Hepatitis C and other blood-borne viruses and infections. 30% of male prisoners who had injected drugs whilst in prison had evidence of Hepatitis C infection, (Public Health Laboratory Service, 2000).

Although the distribution of condoms and clean injecting works would serve as a key intervention for harm reduction, neither are issued to prisoners routinely within the prison. This is due to the security risks attached. HMP Manchester is a category A prison accepting men who have been sentenced or are on remand. It can hold up to 1269 men from both within and outside Manchester.

Following the transfer of responsibility for health care in prisons to the Primary Care Trusts in 2005, a prison service order on health promotion, PSO 3200, was issued.

Employed by Manchester Public Health Development Service and based in the prison, HMP Manchester has a dedicated healthy prisons coordinator and can be contacted via Healthcare at HMP Manchester.

HMP Manchester

1 Southall Street
Manchester
M60 9AH
Tel: 0161 817 5600

Partners of Prisoners (POP)

1079 Rochdale Rd

Manchester M9 8AJ

tel: 0161 702 1000

Provides support to the families of prisoners.

PROSTITUTION / SEX WORKERS

See sex workers page 69

RAPE AND SEXUAL ASSAULT

The legal definition of rape is the intentional penetration with a penis of the vagina, anus or mouth of another person, without that person's consent.

The legal definition of sexual assault is the intentional sexual touching of somebody else without their consent. It includes touching (sexually) any part of their body, clothed or unclothed, either with any part of the body or with an object.

Section 74 of the Sexual Offences Act (2003) defines consent as "if he agrees by choice, and has the freedom and capacity to make that choice". If through alcohol (or any other reason) a person has temporarily lost capacity to choose whether to have intercourse, they are not consenting. Consent means making an active decision to say yes, an assumption of consent is not enough. National media campaigns portray the message "no consent = no sex".

Rape can happen to anyone, regardless of age, gender, sexual orientation and ethnicity. The majority of rape and sexual assault victims are women, but 2% of men are sexually assaulted. Rape and sexual assault is a serious act of violence about power and humiliation. 60% of men who rape know the woman they are attacking with 50% of rapes happening in the home of either the woman or the attacker.

It has been estimated by the Home Office that there were 190,000 serious sexual assaults on women in the UK and an estimated 47,000 female victims of rape (including attempted rape) in 2004.

There is a significant correlation of rates of STIs with women experiencing sexual assault.

St. Mary's Sexual Assault Referral Centre

Tel: 0161 276 6515

This service is for men and women and offers medical examinations, emergency contraception, interpreters, screening for STIs, counselling and support with statements to the police.

Manchester Rape Crisis

Tel: 0161 273 4500 (Confidential Helpline)

Website: www.manchesterrapecrisis.co.uk

This is a service for girls and women that have been raped or abused and offers confidential advice, counselling, information and support.

Black and Asian women's helpline:

Tel: 0161 273 4514

Survivors UK

Helpline: 0845 1221201

Provides information, support and understanding for male survivors of rape and sexual abuse. It also offers support to their families, partners and friends.

Survivors of Abuse Project

Irish Community Care

289 Cheetham Hill Road

Crumpsall

Manchester M8 05N

Tel: 0161 205 9105

Website: www.iccmanchester.org.uk

Provides advice, information and advocacy on health, housing, employment, benefits, and cultural social activities. It also runs a men's group (over 40s), an over 55s social group, a youth project and a project for survivors of sexual abuse whilst in institutional care in Ireland.

SAFER SEX / SAFER BEHAVIOUR

There is no such thing as safe sex. Safer sex is the practice whereby there is minimum risk of infection, harm or unintended pregnancy by the practice of using a condom or dental dam when engaging in penetrative anal, vaginal and oral sex. This reduces the risk of any infected blood, semen, vaginal fluid or faecal matter from entering the body.

In the 21st century women are now expected to be more sexually active. Whilst this is a positive move in terms of equality issues it is important to recognise that women's self esteem and assertiveness is still problematic. When we talk about assertiveness in the context of sexual health, it involves being self assured, confident, and empowered.

Because assertiveness is an essential element of negotiating safer sex and sexual choice, it needs to be addressed. Work must begin with young women to support and empower them as early as possible. This is not just an issue for women, self-esteem and assertiveness is also an issue for other vulnerable groups. Safer behaviour in relation to sexual health is largely concerned with a harm reduction approach. This will include the use of barrier methods to prevent the transmission of STIs and unintended pregnancy, recognition of the role of drugs and alcohol as disinhibitors leading to loss of control and vulnerability.

SEX WORKERS/PROSTITUTION

Sex workers are acknowledged as a vulnerable and hard to reach group within national and local strategies and often experience stigma and discrimination leading to poor access to services. Confidentiality and

issues of disclosure are often acute concerns for sex workers in relation to primary care and hospital services because of the possible involvement of social services.

The sexual health needs of sex workers both male and female in Manchester are varied as sex is sold in a range of settings. These include the street, saunas, massage parlours and via the internet. Local provision reflects the need in Manchester. In undertaking any work with male or female sex workers issues such as problematic drug and alcohol use, child exploitation, coercion, trafficking, sexual violence, domestic violence, and related mental health issues should be considered.

MASH (Manchester Action on Street Health)

Unit 14-15
Cariocca Business centre
2 Sawley Road
Miles Platting
Manchester M40 8BB
Tel: 0161 202 2022
Freephone: 0800 183 0499
Website: www.mash.org.uk

MASH is a sexual health promotion/HIV prevention organisation for female sex workers/ migrant sex workers and drug users in Greater Manchester. They offer support and outreach to sex workers in saunas/massage parlours and street workers from a night time mobile unit. MASH offers advice and information, Hepatitis B vaccinations, pregnancy testing, needle exchange, specialist drug workers, first aid and wound dressing, a drug liaison midwife and a court liaison and diversion scheme.

MSWOP (Male Sex Workers Outreach Project)

Lifeshare
27 Houldsworth Street
Manchester M1 1EB
Tel: 0161 235 0744

Lifeshare aims to prevent and break the cycle of homelessness, reduce harm and promote health. Through their outreach work with people on the street and male and female sex workers they provide sexual health advice and housing.

The Blue Room

APM Arts
Tel: 07930 537 335

This is an interactive arts and health project for young men that have been sex workers or are still selling sex.

The Prostitution Forum

Chief Execs Department
Manchester Town Hall
Albert Square
Manchester M60 2LA
www.manchester.gov.uk

SEXUAL HEALTH CLINICS / GUMS

See GUMs page 40.

SEXUAL PROBLEMS

Having an enjoyable sex life is an important part of a healthy relationship, however, many people encounter problems at some stage for a variety of reasons and this can be very troubling. Common problems are often a loss of desire in the relationship, painful intercourse (vaginismus), not being able to sustain an erection (erectile dysfunction) and premature ejaculation. These problems are more often psychological rather than organic and triggers may include stress, pregnancy, anxiety, tiredness, illness, drinking too much alcohol, using recreational drugs, using body-building steroids and tranquillisers.

Consultant Psychiatrist

Psychosexual Counselling Unit
St. Mary's Hospital
Hathersage Road
Manchester
Tel: 0161 276 1234

Relate

346 Chester Road
Cornbrook
Manchester M16 9EZ
Te: 0161 872 0303

Website: www.relate.org.uk

Couple counselling for adults with relationship difficulties, including sex therapy.

Help is available over the phone, on line or face to face. Clients are asked for a contribution towards the cost of the service depending on individual means.

British Association for Sexual and Relationship Therapy (BASRT)

Tel: 0208 543 2707

Website: www.basrt.org.uk

This organisation provides training, information and a list of therapists by geographical area.

SEXUAL RISK TAKING AND ALCOHOL

In terms of sexual health promotion and prevention work it is crucial to acknowledge the role of alcohol as a disinhibitor, which can lead to unsafe sexual practice. Alcohol is a socially acceptable legal drug that is widely available. Individuals may drink alcohol to forget about their worries, relax and feel good. This is not a problem if maintained within sensible drinking levels. However, drinking too much may lead to risk taking

behaviours, loss of control and vulnerability. Additionally, some people will consciously drink alcohol in order to remove responsibility for their own actions and to some extent this is socially acceptable as long as it does not lead to crime and disorder. Too much alcohol can lead to difficulties with negotiation, a lack of concern or awareness for one's own protection, making one vulnerable to unprotected sex, sexual assault and rape. The misuse of alcohol for young people can be linked to exclusion from and under achievement in school, unsafe sex and unintended teenage conceptions. A recent report stated that 40% of 13-14 year olds were drunk when they first had sexual intercourse.

SEXUAL RISK TAKING AND DRUGS

Recreational drug use can fuel the spread of STIs and HIV in several ways. Injecting drugs and the use of injecting paraphernalia can transmit HIV, Hepatitis B and C through using shared needles and equipment. Other drugs like ecstasy, amphetamines, Viagra, poppers, crystal meth and crack are associated with increased sexual risk taking behaviours by impairing judgement, creating strong sexual rushes and/or enabling the user to have more sex for longer.

Viagra is a treatment for impotence that has become increasingly common as a recreational drug particularly amongst gay men who want to counter act the impotence side effect of ecstasy. Several studies have linked Viagra use to increased risk of unprotected sex and STIs.

Viagra should not be taken in conjunction with poppers or nitrates or with drugs used to treat angina. If nitrates and Viagra are taken together blood pressure may fall to dangerously low levels.

Care needs to be taken using Viagra in combination with anti HIV drugs.

SEXUALITY

Sexuality is a term often mistakenly used to imply sexual orientation. However, sexuality is a term that is much wider and involves our relationship with ourselves, those around us and the society in which we live - whether we identify as gay, heterosexual, lesbian, bisexual or celibate. An accepted holistic model of sexuality includes a number of areas; sex and sexual practice, self-image, social relationships, sensuality, emotions, spirituality and political factors. From this we can see that sexuality is an organic and ever growing part of us that can flourish with enough care, nourishment and support.

If an individual has been encouraged, supported and enabled to develop a healthy, celebratory sexuality then it is almost inevitable that they will have positive sexual health. If however, they have had a negative experience of their sexuality such as problems with self-image, rape or sexual assault, erectile dysfunction or the experience of homophobia then their sexual health is likely to suffer harm.

SEXUALLY TRANSMITTED INFECTIONS

HIV and AIDS and the increasing incidence of specific STIs have resulted in sexual health becoming a major international health concern in the 21st Century. Nationally, each year more than 1.5m new episodes of STIs are seen in UK clinics and the figures seem set to rise. The North West has the highest incidence of

HIV, HIV related illness and STIs outside of London and the South East, with the majority of these occurring within Manchester. Sexual ill health is a particular health issue in Manchester, with recent increases in new incidences of syphilis, chlamydia and gonorrhoea.

BACTERIAL VAGINOSIS

This is a very common condition that affects the vagina. Approximately 1 in 3 women will experience bacterial vaginosis at some time in their lives; others may have regular recurrences. Many women often confuse this condition with thrush.

There is no evidence to suggest that this condition is sexually transmitted, however, if a woman is experiencing frequent recurrences it may be useful for her sexual partner to have a check up.

Symptoms

If women do develop symptoms they may notice a thin greyish discharge and/or a 'fishy' or different smell, especially during or just after sex or a period.

Prevention

Avoid nylon underwear or tight fitting trouser/jeans

Use a pad instead of a tampon during a period

Avoid frequent washing of genitals

Avoid the use of highly scented products in the genital area e.g. soap, disinfectant, shower gels, bubble baths, genital 'deodorant' sprays, baby wipes etc

Avoid vaginal douching

Testing and treatment

Tests for bacterial vaginosis can be undertaken at any sexual health (GUM) clinic or general practice.

Medication is usually given to treat this condition, which consists of either tablets or a gel/cream that is inserted into the vagina.

CHLAMYDIA

Chlamydia is a bacterial infection that affects the urethra, cervix, rectum and throat. It is easily transmitted onto sexual partners by unprotected vaginal, oral & anal sex. It can also be transmitted by genital rubbing if a condom is not used. Occasionally it may be transmitted from the genitals to the eye by the fingers.

A pregnant mother who has chlamydia may transmit this to her baby's eyes or lungs during vaginal delivery. Without proper treatment, chlamydia can cause serious, long-term complications for both men & women, one of which could be infertility.

Symptoms

Symptoms may show between 1-3 weeks after having sexual contact with someone who has chlamydia. However, 30-70% of men and women who have chlamydia may not realise they have the infection.

If women do have symptoms, they may notice an unusual vaginal discharge, pain when passing urine, lower abdominal pain not related to ovulation/period pains, bleeding after sex or between periods, and/or sore throat.

If men have symptoms, they may notice a discharge from the tip of the penis, pain when passing urine, swelling of the testicles, rectal pain/discharge and/or sore throat.

Prevention

Using a condom for vaginal, anal and oral sex or a dental dam for oral or vaginal sex.

Testing and Treatment

Tests for chlamydia can be undertaken at any sexual health (GUM) clinic or general practitioner. Both men & women will need to have swabs taken from their genitals and/or throat depending upon what type of sexual activity has taken place (i.e. vaginal, oral or anal sex). It is also possible to test for chlamydia in the genital tract via a urine sample.

Chlamydia is very easily treated with specific antibiotics.

Any sexual partners who may have been at risk from chlamydia will need to be treated before any further sexual activity is recommenced, otherwise re-infection may occur.

Putting on a condom before any sexual contact/penetration & for oral sex will help prevent transmission of chlamydia.

GENITAL HERPES

The herpes simplex virus (HSV) is the medical term for 'cold sores'. Cold sores can affect many areas of the body including the genital area, mouth & eye. It usually takes 2 to 10 days for the virus to show after sexual contact with someone who has herpes, occasionally though it can take several weeks or months.

For those people who have herpes, the following may bring on a recurrent episode:

Feeling run down

Stress

Sunlight (natural or sun bed) on the affected area

Tight clothing in the genital area

Nylon underwear

There are two types of HSV:

Herpes Simplex Type 1 – This commonly affects the mouth & nose. It can also be transmitted to the genitals via oral sex or to the eye from a finger.

Herpes Simplex Type 2 – This tends to affect the genital & anal area, but can also be transmitted to the mouth & eye as described above.

Primary Herpes – This is when it occurs for the first time in the genital area. Many people feel they are developing 'flu' as the symptoms include fever, tiredness, headache, generalised aches & pains especially in the lower back region and down the legs/groin. Small blisters or clusters of blisters may occur anywhere in the genital area, which burst after a few days leaving red ulcers, which are tender to touch and may be very painful. Left without any treatment, the symptoms could continue for 2-3 weeks, the ulcers then heal without leaving a scar.

Recurrent Herpes – Approximately 50% of people who have had a primary episode of genital herpes will not have a repeat recurrence. In those people who do, the symptoms are generally much milder and tend to clear more quickly (within 3-5 days). Many people will have a 'warning' tingling sensation before the blisters reoccur. This is due to the virus travelling down the nerve to the skin. Recurrent episodes should eventually stop altogether, although this can take up to several years to achieve.

Prevention

Using a condom for vaginal, anal and oral sex

Avoid genital rubbing with someone who has genital herpes

Avoid oral sex and kissing with someone who has cold sores until the sores have completely healed

Avoid self infection by being careful not to touch sores and spread them to other non infected areas e.g from mouth to eye

Testing and Treatment

Tests for herpes can be undertaken at any sexual health (GUM) clinic or general practice. It is important that anyone who thinks they have contracted genital herpes to get treated as quickly as possible.

Putting on a condom before any sexual contact/penetration and for oral sex will help prevent transmission of herpes

Further information can be obtained from The Herpes Viruses Association Tel: 020 609 9061. 41 North Road London N7 9DP (please enclose a SAE).

GENITAL WARTS

Genital warts are caused by the Human Papilloma Virus (HPV) and can occur anywhere on the body, when they are found on the genitals, they are referred to as genital warts.

Warts can be transmitted by unprotected vaginal & anal sex, and by close genital 'rubbing'. It is possible to develop warts around the mouth after having unprotected oral sex with someone who has genital warts although it is not very common. It has been known for warts to be passed from the fingers to the genitals. Many women are concerned that having warts may result in developing cancer of the cervix. This is very unlikely, however it is important that women continue to have their smear tests every 3-5 years.

Symptoms

Genital warts appear as 'fleshy' growths and may be noticed by you, your partner or a doctor/nurse during a genital examination. They are transmitted very easily and it may take anything from a few weeks to several months after sexual contact with someone who has warts before they show on your skin. It is also important to note that some people may never actually develop a visible wart but they can have the virus present in their skin.

Prevention

Using a condom for vaginal, anal and oral sex

Testing and treatment

Genital warts are easily treated at sexual health (GUM) clinics or some general practices. There are several different treatment options available. It is difficult to say how long the treatment process will last as this can vary depending upon how quickly the warts respond to the prescribed treatment.

Two of the most common treatments used are:

Lotion/cream applied at regular intervals to the skin at home

Cryotherapy – which is a freezing spray directed onto the warts undertaken at the clinic usually weekly or fortnightly

Putting on a condom before any sexual contact/penetration and for oral sex will help prevent the transmission of genital warts.

GONORRHOEA

Bacteria cause gonorrhoea, which affects the urethra, cervix, rectum and pharynx. Gonorrhoea is highly infectious and is easily passed on through unprotected vaginal, oral & anal sex. Sometimes it can be passed on by naked genital 'rubbing' without a condom being used. A pregnant mother may also transmit gonorrhoea to her baby's eyes during vaginal delivery.

Symptoms

Symptoms may show from 1 to 14 days after contact with an infected partner, but many women and some

men are unaware they have gonorrhoea and can pass the infection onto other partners.

Women's symptoms:

An unusual vaginal discharge. It may be thin, watery, smelly, yellow or green.

Pain when passing urine.

Lower abdominal pain not related to ovulation/period pains.

Sore throat.

Men's symptoms:

A white, yellow or green discharge from the tip of the penis.

Rectal pain/discharge.

Pain when passing urine.

Sore throat.

Prevention

Using a condom for vaginal, anal and oral sex.

Testing and Treatment

Tests for gonorrhoea can be undertaken at any sexual health (GUM) clinic.

Both men & women will need to have swabs taken from their genitals and/or throat depending upon what sexual activity has taken place (i.e. vaginal, oral or anal). If gonorrhoea is left untreated it can cause long-term problems for both men & women including infertility.

Putting on a condom before any sexual contact/penetration and for oral sex will help prevent transmission of gonorrhoea.

LYMPHOGRANULOMA VENEREUM (LGV)

LGV is a bacterial infection caused by a sub type of chlamydia. Prior to 2004 LGV was rarely seen outside of Africa, the Caribbean and Asia. In the period from 2004 until September 2005 there have been 215 confirmed cases in the UK, the majority continue to be reported in gay men with concurrent HIV infection. Most are symptomatic with proctitis (inflammation in the rectum). If LGV is suspected then further testing of the sample is needed as it can cause serious damage.

Symptoms

Symptoms are not always noticeable and often mistaken for other conditions. The condition has three stages:

- First stage (4 days – 1 month)

Small painless sore or sores on genitals, rectum, vaginal wall, cervix and rarely mouth

- Second stage (4 days – several months later)

Swollen lymph glands in groin, neck or armpits

Fever

Feeling ill

Inflammation of the rectum (proctitis), bleeding, pus, constipation and abscesses

Vaginal/rectal pain

Vaginal abscesses

- Third stage

Left untreated LGV can cause serious damage to the rectum, genitals and vaginal wall leading to serious abscesses, destructive scarring and recto/vaginal fistulas. There may be substantial damage to the urethra and enlarged or swollen genitals

Prevention

Using a condom for anal, vaginal and oral sex.

Testing and Treatment

Tests for LGV can be undertaken at any sexual health (GUM) clinic or general practice. All chlamydia positive rectal samples must be tested for LGV (currently via Colindale). If LGV is suspected, samples need to request LGV screening.

Putting on a condom before any sexual contact/penetration and for oral sex will help prevent transmission of LGV

SYPHILIS

Syphilis is a very serious infection caused by a bacterium. It can show up in several different ways or may have no symptoms at all. The only way it can truly be diagnosed is by a blood test specifically for syphilis. Syphilis is highly infectious; it is spread by close intimate contact and by unprotected oral, vaginal & anal sex. A pregnant mother can also transmit syphilis to her unborn baby.

Symptoms

If a person with syphilis develops symptoms they may have one or more painless sores (usually), which are generally round in shape and are present at the point of genital contact (i.e. on the penis, vagina/vulva, anus or inside the mouth) two or three weeks later. The sores can last for up to 6 weeks.

A painless, non-irritating rash may follow some weeks later which may spread to the palm of the hand & soles of the feet. The rash will also disappear after a few weeks.

After this stage the person infected may have no further symptoms for many years.

Prevention

Using a condom for vaginal, anal and oral sex.

Testing and Treatment

Blood tests for syphilis are offered at all sexual health (GUM) clinics as part of routine screening. Often a repeat test is required as it can take up to 3 months for syphilis to be detected in the blood.

If no treatment is given then syphilis can have very serious effects on the skin, eyes, liver, bones, heart, brain & nervous system. A pregnant mother can also transmit syphilis to her unborn baby.

Syphilis can be treated and cured with antibiotics. Early diagnosis, treatment & follow up are essential to help prevent long-term complications from occurring.

Putting on a condom before any sexual contact/penetration and for oral sex will help prevent transmission of syphilis

THRUSH

A yeast infection called Candida, which lives normally on the skin, mouth & gut, causes thrush. Occasionally it may 'flare up' and cause problems/symptoms in both men & women that require treatment.

At least 3 out of 4 women will experience problems with thrush at sometime in their lives. A small number of women suffer with thrush on a regular basis. It is much less common in men.

Symptoms

Women's symptoms:

Itching, soreness & redness inside and around the vagina and vulva.

Thick, white discharge that looks like cottage cheese and which may smell 'yeasty'.

Pain during sex.

Pain when passing urine.

Men's symptoms:

Irritation, burning, itching, redness and red patches under the foreskin and on top of or along the shaft of the penis.

Thick, cheesy deposits under the foreskin.

Difficulty in pulling back the foreskin.

Discomfort when passing urine.

Prevention

Avoid washing your genitals too often. Try to avoid using disinfectants and bubble bath in the water.

Avoid highly scented soaps/shower gels for use on the genitals.

Use pads rather than tampons during a period.

Avoid underwear made from nylon & tightly fitting trousers/jeans.

Women should wash and wipe the genital area from 'front to back'.

Taking certain antibiotics may result in thrush for some women.

It is important to avoid sex until the thrush has cleared otherwise it may be transmitted to your partner.

Testing and Treatment

Tests for thrush can be undertaken at any sexual health (GUM) clinic or general practice. Treatment for thrush usually consists of a pessary (tablet) that is inserted into the vagina, a cream (Canesten) that can be used by men & women or in certain circumstances a tablet, which can be taken by mouth if the other methods have failed to work.

SMEAR TESTING / CERVICAL HEALTH

See cervical health page 16.

STUDENTS

Nationally STIs are a major public health concern in young people aged 16-24 years, with high incidence rates and Manchester is no exception to this. Additionally, we see high levels of unintended pregnancy and terminations in this age group. Manchester has a large student population of 50,000 including 5,000 students from overseas, creating the largest student campus in Europe. Students are often young people who are away from home for the very first time and will use this opportunity to experiment with alcohol, drugs and sex. There is a whole social scene aimed at students which promotes over-indulgence in drinking, potentially leading to risky behaviours including unsafe sex.

Student Health Centre (University of Manchester only)

182-184 Waterloo Place

Oxford Road

Manchester M13 9PG

Tel: 0161 275 2858

Doctors and nursing staff are available to offer advice and support on all health problems affecting students.

TEENAGE PREGNANCY

The National Teenage Pregnancy Strategy was published in 1999 and includes four main components designed to halve the under 18 conception rate by 2010 and provide support to teenage parents to reduce the long term risk of social exclusion by increasing the proportion in education, training and employment. Targets for Manchester were to reduce the rate of conceptions to women aged under 18 from the 1998 base line of 61.3 per thousand by 55% by 2010 to 27.6 per thousand.

A major part of the Manchester strategy focuses on the change for children agenda with programmes supported by the Local Implementation Grant.

Areas that primary care can support and deliver on the teenage pregnancy strategy include:

- Good quality sex and relationship education
- Raising young people's awareness of STIs and the importance of using condoms
- Open and unembarrassed discussion about relationships and sex with parents is associated with later age of first sex and better contraception use
- Improved access to sexual health care services, offering young people more convenient options for screening and testing, including at Further Education colleges and pharmacies on the high street
- Reinforcing the message that condoms are effective in preventing STIs and HIV and unplanned pregnancy and that they work best when used consistently and correctly

Connexions Manchester

Provides advice, guidance and support service for all young people 13-19 in Manchester that helps prepare young people for their future. For your local connexions office contact 0161 228 1101.

Brook

Commonwealth House

Lever Street

Manchester M4 5AZ

Tel: 0161 237 3001

Website: www.brook.org.uk

(Phone for session times-Main entrance on York Street behind Piccadilly Bus Station).

Brook Advisory centres offer free and confidential sexual health advice and services for young people under 19. Services include: contraception, emergency contraception, pregnancy testing, STI screening, termination referrals and counselling.

Tel: 0161 448 4918

Young people's clinic (FRESH)

Forum Health

Simons Way

Wythenshawe

M22 5RX

The **A-Z** of SEXUAL HEALTH

TEL: 0161 490 7142

Freshline: 0845 120 0710

Website: www.fresh4manchester.com

This clinic offers free contraception, pregnancy testing, emergency contraception, condoms, advice and referral for terminations, some testing for sexually transmitted infections, someone to talk to and general health advice.

Opening times: Mon - Thurs 3.30-6.30pm
Sat 11.30-2pm

SignPost

St Andrews Church Hall

Brownley Road

Wythenshawe

Manchester M22 4JP

Tel: 0161 436 5433/5432

A service for young people aged between 14-25 in Wythenshawe. It provides advice and information on housing, homelessness, employment, welfare rights, drugs, contraception and sexual health. They offer free condoms, a free confidential pregnancy testing service and a women's group.

TERMINATION OF PREGNANCY/ ABORTIONS

See abortions page 7.

TRAINING IN SEXUAL HEALTH

Manchester Public Health Development Service (South)

Mauldeth House

Mauldeth Road West

Chorlton

Manchester M21 7RL

Tel: 0161 882 2300

Website: www.mphds.org.uk

This service works to improve health across the city. The sexual health team provides a wide range of short courses that explore different aspects of sexual health. The courses are usually free and available to people working in the voluntary or statutory sectors in Manchester. Phone for details.

Centre for HIV and Sexual Health

22 Collegiate Crescent

Sheffield

S10 2BA

Tel: 0114 226 1900

Website: www.sexualhealthsheffield.co.uk

British Association for Sexual and Relationship Therapy (BASRT)

Tel: 0208 543 2707

Website: www.basrt.org.uk

This organisation provides training, information and a list of therapists by geographical area.

TRANQUILLISERS

Most tranquillisers are prescribed for anxiety and sleeping problems and suppress mental activity and alertness. They are widely prescribed in Manchester. Tolerance develops after two weeks when used as sleeping pills and four months when used against anxiety, but if use continues after tolerance develops this is because of psychological dependency.

Drug users often use tranquillisers as a means of blunting the effects of anxiety particularly if their normal drug of choice is unavailable or if they are coming down from a trip. In non-anxious people tranquillisers do not produce pleasurable feelings, with the exception of Valium, which may produce a sense of euphoria. Large quantities of Benzodiazepines mixed with alcohol can be dangerous.

Cita

The Council for Information on Tranquillisers and Antidepressants

The JDI Centre

3-11 Mersey View

Waterloo

Liverpool L22 6QA

0151 932 0102 Helpline. Office 0151 474 9626

www.citawithdrawal.org.uk

Provides information, support and counselling for people who have become addicted to tranquillisers

TRANSGENDER

This is a general term, which encompasses all cross dressers, transvestites and transsexuals. Gender identity refers to a person's sense of him, or herself as masculine or feminine. Both transvestism and transsexualism often lead to social consequences, which may require skilled specialist counselling. People can exist anywhere along the continuum.

Transvestism

Transvestism is cross-dressing with the desire to adopt the clothes, appearance and behaviour normally associated with the opposite gender. It does not relate to sexual orientation. Society's acceptance of females who choose to dress in traditionally male clothes is widespread in the west but cross-dressing by men in traditionally female clothing is much less accepted.

Transvestism tends to be little understood and society's lack of approval may cause the transvestite to suppress the behaviour or keep it secret from those they love. Therefore, transvestites often experience loneliness and anxiety about their situation and considerable confusion about their feelings. Among families it seems to be very threatening at first, and often understanding is not as good as it might be amongst those in the caring professions who may be called upon to offer help.

Transsexualism

Transsexualism means that someone is born physically male or female but mentally they feel like the opposite gender. Thus a female to male transsexual will feel she has 'a man's mind trapped in a female body' and vice versa. It can be very upsetting and confusing for them to feel that the body they were born with is the wrong one.

Transsexualism tends to be little understood and society's lack of approval may cause a transsexual to suppress their desire or keep it secret. People can start to feel they have a problem with living in the wrong body from early childhood causing issues to arise which may include self-esteem, problems with drugs and alcohol and emotional and mental health problems related to this area.

Transsexuals may be homosexual or heterosexual like the rest of the population.

Often primary care services are the first point of call for individuals presenting with transsexual concerns that may or may not want to go onto full gender re-assignment.

The Northern Concord

PO Box 258

Manchester M60 1LN

Website: www.northernconcord.org.uk

A self-help and social group for cross dressers and people who consider themselves to be transsexuals.

Beaumont Society

27 Old Gloucester St

London

WC1N 3XX

Information line: 01582 412220

Helpline: 07000 287878

www.beaumontsociety.org.uk

A support network for transvestites, transsexuals and cross dressers. It also provides information and talks to professional organisations to promote understanding and tolerance in the wider community.

Mermaids (UK)

BM Mermaids

London WC1 3XX

Helpline: 07020 935066

www.mermaids.freeuk.com

Provides support for gender variant children and teenagers and their families and carers.

YOUNG PEOPLE

Children ACT

Different acts and policies and local guidelines often differ in their definition of the age range of a young person. This directory defines a young person as aged 18 years and under and a young adult as aged 19-25 years.

The Children ACT 2004 places a duty on all front line workers/practitioners to talk about sex and relationships with young people in order to help them acquire information about their bodies, sex and sexual health in order to develop relevant skills. Anybody that works with young people needs to be aware of the legislation that governs this area.

The Sexual Offences ACT 2003 was introduced on the 1st May 2004. It is designed to protect the rights and interests of young people and to make it easier to prosecute people who pressure or coerce others into having sex.

- The legal age for young people to consent to have sex remains at 16, regardless of sexual orientation
- The guidance reaffirms that the law is not intended to prosecute mutually agreed sexual intercourse between younger teenagers, unless it involves abuse or exploitation
- The law does not change the position on the provision of confidential sexual health advice or services for young people under 16

Sexual Health

Many young people in Manchester are at risk of poor sexual health, whether it is STIs or unintended pregnancies. Nationally STIs are considered to be a major public health concern in young people aged 16-24 years, and Manchester is no exception to this.

The North West has the highest incidences of HIV, HIV related illness and sexually transmitted infections outside of London and the South East, within the 16-25 age bracket, (the majority of these young people residing in Manchester).

Manchester also has the largest student population in Europe, which inevitable raises particular health issues and challenges.

Puberty

Puberty can be a time of fun and anxiety as young people become more independent and experience great changes going on in their bodies. Puberty can occur at different times for different young people but in the main occurs for girls between the ages of 10 and 16 and in boys between 13 and 17.

Vulnerable young people

Manchester has one of the highest number, with over 1400, of Looked After Children in the UK. In Manchester young people may be subject to abuse and sexual exploitation including young people with physical and learning disabilities. There is also a known problem of trafficking. These issues have come to greater prominence in the public arena and are now placed firmly within social and health care policy. The extent of this phenomenon in Manchester is still unknown but an increased awareness amongst front line workers is essential.

If you are concerned about a young person's situation or safety, you should get in touch with the contact service for social care 0161 255 8250.

Contraception and Teenage Pregnancy

Manchester has good contraceptive services but still has high teenage pregnancy rates. Contraceptive services must recognise and integrate STI prevention and work with men as part of any overall service provision.

There are many different types of contraception available and different methods will suit different people at different times.

Reversible methods of contraception

- Combined pill
- Progestogen-only pill
- Male condom
- Female condom
- Diaphragm or cap with spermicide
- Natural family planning

Contraceptive methods work in different ways. How well they protect against pregnancy depends on how well they are used. It is important to use these methods correctly and consistently. With other contraceptives such as:

- Contraceptive Injection
- Contraceptive Implants
- Intrauterine System (IUS)
- Intrauterine Device (IUD, routinely known as the coil)

How well they protect against pregnancy does not depend on the person using them. These methods require renewal and/or replacement by a doctor or nurse.

Permanent methods

Sterilisation is the only permanent method for men and women to protect against pregnancy.

Remember only condoms protect against STIs as well as pregnancy!

Advice and contraceptives can be obtained from a GP, family planning service, school nurse, chemist, or the following clinics and services. Most clinics are run on a drop-in basis but ring first to check for opening times in case they have changed.

Emergency contraception is in the form of a pill that can be taken up to 72 hours after sexual intercourse and can be obtained from the following agencies and local chemists.

The national Teenage Pregnancy Strategy was published in 1999 and includes four main components designed to halve the under 18 conception rate by 2010 and provide support to teenage parents to reduce the long term risk of social exclusion by increasing the proportion in education, training and employment. Targets for Manchester were to reduce the rate of conceptions to women aged under 18 from the 1998 base line of 61.3 per thousand by 55% by 2010 to 27.6 per thousand.

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- Raising young people's awareness of STIs and the importance of using condoms
- Open and unembarrassed discussion about relationships and sex with parents is associated with later age of first sex and better contraception use
- Improved access to sexual health care services offering young people more convenient options for screening and testing, including at Further Education colleges and pharmacies on the high street
- Reinforcing the message that condoms are effective in preventing STIs and HIV and unplanned pregnancy and that they work best when used consistently and correctly

If you are concerned about a young person's situation or safety, you should get in touch with the contact service for social care 0161 255 8250.

Many of the agencies listed here work holistically and will cover a number of different areas. For the purpose of this directory we are classing a young person as being aged between 14-25, some of the following services will also work with younger individuals.

BLACK AND MINORITY ETHNIC YOUNG PEOPLE

Young Black Peerspectives

(Black Health Agency)

Kath Locke Centre

123 Moss lane East

Hulme

Manchester M15 5DD

Tel: 0161 455 1502

Website: www.blackhealthagency.org.uk

This is a peer lead project that provides sexual health information sessions, resources and support to young people in inner city communities. Sessions are delivered via schools and local youth projects.

They also offer one to one support for young refugee and asylum seeking people and unaccompanied minors as well as support for young fathers.

Wai Yin

61 Mosley Street

Central Manchester

Manchester M2 3HZ

Tel: 0161 237 5908

Offers education, mental health and employment service to the Chinese community, including a Youth project open to all young people aged between 16 and 25.

Based in China Town this project is for young Asians who identify as lesbian, gay or bisexual. The project aims to provide support and information on housing rights, employment, hate crime and sexually transmitted infections.

CITY COUNCIL SERVICES

Manchester Youth Service

Overseas House

Quay Street

Manchester M60

Tel: 0161 234 7070

Provides opportunities and support for young people to develop social skills, take part in activities and take responsibility for the development of programmes.

Connexions Manchester

Provides advice, guidance and support service for all young people 13-19 in Manchester that helps prepare them for their future. For your local connexions office contact 0161 228 1101.

LGYM (Lesbian and Gay Youth Manchester)

Tel: 0161 273 7838

www.lgym.org.uk

LGYM is a lesbian, gay and bisexual project based in the city centre for LGBs aged 14-25. It provides a safe space for young LGB people and a range of social activities.

CONTRACEPTION AND TEENAGE PREGNANCY

Many of the agencies listed here work holistically and will cover a number of different areas. For the purpose of this directory we are classing a young person as being aged between 14-25, some of the following services will also work with younger individuals.

Brook

Commonwealth House

Lever Street

Manchester M4 5AZ

Tel: 0161 237 3001

Website: www.brook.org.uk

(Phone for session times-Main entrance on York Street behind Piccadilly Bus Station).

Brook Advisory centres offer free and confidential sexual health advice and services for young people under 19. Services include: contraception, emergency contraception, pregnancy testing, STI screening, termination referrals and counselling.

Tel: 0161 448 4918

Young people's clinic (FRESH)

Forum Health

Simons Way

Wythenshawe

M22 5RX

Tel: 0161 490 7142

Freshline: 0845 120 0710

Website: www.fresh4manchester.com

This clinic offers free contraception, pregnancy testing, emergency contraception, condoms, advice and referral for terminations, some testing for sexually transmitted infections, someone to talk to and general health advice.

Opening times: Mon - Thurs 3.30-6.30pm

Sat 11.30-2pm

Young Persons Sexual Health drop-in Clinic

Manchester Centre for Sexual Health

Manchester Royal Infirmary

Oxford Road

Manchester M13 9EL

Tel: 0161 276 5212 (female)

0161 276 5200 (male)

Open Wednesdays 3.30-5.30pm

This is a free service for anyone who is 19 or under and provides sexual health advice, screening and treatment.

SexWise

Sexwise is a helpline that offers free, confidential advice on sex, relationships and contraception, 7am-midnight to anyone under 18. Calls from landlines are free and will not show up on the bill.

Tel: 0800 28 29 30

Connexions Manchester

Provides advice, guidance and support service for all young people 13-19 in Manchester that helps prepare young people for their future. For your local connexions office contact 0161 228 1101.

SignPost

St Andrews Church Hall
Brownley Road
Wythenshawe
Manchester M22 4JP
Tel: 0161 436 5433/5432

A service for young people aged between 14-25 in Wythenshawe. It provides advice and information on housing, homelessness, employment; welfare rights drugs, contraception and sexual health. They offer free condoms, a free confidential pregnancy testing service and a women's group.

DISABLED YOUNG PEOPLE

Young Disabled Peoples Forum

c/o Greater Manchester Coalition of Disabled People
BEVC
Aked Close
Ardwick
Manchester M12 4AN
Tel: 0161 273 5153 (voice/text) Admin 0161 273 5137 (text) Information
Website: www.gmcdp.com

Provides information, advice and support to disabled people and their organisations.
Promotes independence and integration of disabled people in society, challenges discrimination and encourages and supports the self-organisation of disabled people.

Manchester Deaf Centre

Crawford House
Booth Street east
Chorlton-on-Medlock
Manchester M13 9GH
Fax: 0161 277 9737
Website: www.manchesterdeafcentre.com

The Manchester Deaf centre provides support and social groups for the deaf and hard of hearing. They have a regular social, a Youth Club, a lesbian and gay group, walking group, senior group, hard of hearing group and group for the deaf and blind.

DRUGS AND ALCOHOL SERVICES

Eclipse

73 Ardwick Green North
Manchester M12 6FX
Tel: 0161 273 6686

A young person's drug and alcohol service.

EATING DISORDERS

B-eat

Helpline: 0845 634 1414

www.b-eat.co.uk

BEAT provides information and help on all aspects of eating disorders. For help near you or for help for someone you know with an eating disorder ring the helpline.

LESBIAN, GAY AND BISEXUAL

LYGM (Lesbian and Gay Youth Manchester)

Tel: 0161 273 7838

www.lgym.org.uk

LYGM is a lesbian, gay and bisexual project based in the city centre for LGBs aged 14-25. It provides a safe space for young LGB people and a range of social activities.

Exceeding Expectations

www.exceedingexpectations@lgf.org.uk

This multi-agency project provides education professionals and young people with appropriate resources, training and advice on homophobia and sexuality.

MENTAL HEALTH SERVICES

42nd Street

2nd Floor Swan Buildings

20 Swan Street

Manchester M4 5JW

Tel: 0161 832 0169

Helpline: 0161 832 0170 (Mon, Thurs and Fri 12.30-4.30pm)

Provide a dedicated support service to young people experiencing stress and mental health problems. They provide counselling, drop-ins, groups, self help resources and a participation programme.

SCHOOL STUDENTS

School Nursing Service

Each school in Manchester has a named School Nurse, who is a specialist practitioner committed to improving the health of school children.

Lead School Nurse - South Manchester - 0161 945 3624

Lead School Nurse - Central Manchester - 0161 226 0101

Manchester Healthy Schools Partnership

Manchester Public Health Development Service (South base)

Mauldeth House

Mauldeth Road West

Chorlton

Manchester M21 7RL

Tel: 0161 882 2300

Manchester Healthy Schools Partnership supports children and young people in developing healthy lifestyles to help raise pupil achievement, reduce health inequalities and promote social inclusion.

ChildLine

Helpline: 0800 1111

ChildLine is a free 24-hour helpline for children and young people. They provide confidential telephone support with any problem a child or young person might have.

Young Persons Sexual Health drop-in Clinic

Manchester Centre for Sexual Health

Manchester Royal Infirmary

Oxford Road

Manchester M13 9EL

Tel: 0161 276 5212 (female)

0161 276 5200 (male)

Open Wednesdays 3.30-5.30pm

This is a free service for anyone who is 19 or under and provides sexual health advice, screening and treatment.

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(Phone for session times- Main entrance on York Street behind Piccadilly Bus station).

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SEXUAL HEALTH CLINICS

Brook

Commonwealth House

Lever Street

Manchester M4 5AZ

Tel: 0161 237 3001

Website: www.brook.org.uk

(Phone for session times-Main entrance on York Street behind Piccadilly Bus Station).

Brook Advisory centres offer free and confidential sexual health advice and services for young people under 19. Services include: contraception, emergency contraception, pregnancy testing, STI screening, termination referrals and counselling.

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Tel: 0161 490 7142
Freshline: 0845 120 0710
Website: www.fresh4manchester.com

This clinic offers free contraception, pregnancy testing, emergency contraception, condoms, advice and referral for terminations, some testing for sexually transmitted infections, someone to talk to and general health advice.

Opening times: Mon - Thurs 3.30-6.30pm
Sat 11.30-2pm

Young Persons Sexual Health drop-in Clinic

Manchester Centre for Sexual Health
Manchester Royal Infirmary
Oxford Road
Manchester M13 9EL
Tel: 0161 276 5212 (female)
0161 276 5200 (male)
Open Wednesdays 3.30-5.30pm

This is a free service for anyone who is 19 or under and provides sexual health advice, screening and treatment.

SexWise

Sexwise is a helpline that offers free, confidential advice on sex, relationships and contraception, 7am-midnight to anyone under 18. Calls from landlines are free and will not show up on the bill.

Tel: 0800 28 29 30

STUDENTS

Student Health Centre (University of Manchester only)

182-184 Waterloo Place
Oxford Road
Manchester M13 9PG
Tel: 0161 272 2858

Doctors and nursing staff are available to offer advice and support on all health problems affecting students.

VULNERABLE YOUNG PEOPLE (SEXUAL EXPLOITATION/ HOMELESSNESS)

If you are concerned about a young person's situation or safety, you should get in touch with the contact service for social care 0161 255 8250 or the following helplines:

ChildLine

Helpline: 0800 1111

ChildLine is a free 24-hour helpline for children and young people. They provide confidential telephone support with any problem a child or young person might have.

NSPCC

Helpline: 0808 800 5000

This is a free 24-hour helpline that provides information, advice and counselling to anyone concerned about a child's safety. They also have a helpline in five Asian languages and a text phone service for people who are deaf or hard of hearing.

SERVICES

Albert Kennedy Trust

Princess House

105-107 Princess Street

Manchester M1 6DD

Tel: 0161 228 3308

Website: www.akt.org.uk

The Albert Kennedy Trust provides supportive and caring homes for young lesbian, gay and bisexual people.

Barnardos Leaving Care Service

36 Monton Street

Moss Side

Manchester M14 4LT

Tel: 0161 226 6722

Offer specialist support that enables young people to leave care and establish themselves into independence through a range of services such as housing and benefit advice.

The Blue Room

APM Arts

Tel: 07930 537335

This is an interactive arts and health project for young men that have been sex workers or are still selling sex.

City Centre Project

52 Oldham Street

Manchester

M4 1LE

Tel: 0161 228 7654/7655

They offer a range of services for young, vulnerable people aged 16-25, which includes: an advice and drop-in service, a cafe offering free food, a supportive housing service and a range of specialised groups.

Lifeshare/MSWOP (Male Sex Workers Outreach Project)

1st Floor

27 Houldsworth House

Manchester M1 1EB

Tel: 0161 235 0744

Lifeshare aims to prevent and break the cycle of homelessness, reduce harm and promote health. Through their outreach work with people on the street and male and female sex workers, they provide sexual health advice and housing.

The Manchester Foyer

61 Booth Street West

Manchester M15 6DD

Tel: 0161 276 1000

The Foyer provides general advice on life and health and operates a holistic approach to each young person. Young people can self-refer or applications can be made.

NSPCC

Helpline: 0808 800 5000

This is a free 24-hour helpline that provides information, advice and counselling to anyone concerned about a child's safety. They also have a helpline in five Asian languages and a text phone service for people who are deaf or hard of hearing.

Safe in the City

Ground Floor Suite

166 Plymouth Grove

Longsight

Manchester M13 0AF

Tel: 0161 351 2779

Offers advice and support to young homeless, runaways and those at risk of sexual exploitation.

YASP (Young Adult Advice and Support Project)

832 Stockport Road

Levenshulme

Manchester M19 3AW

Tel: 0161 221 3054

Provides advice, support and practical help for young people on housing, benefits, money, health, the law, education, relationships, drugs and alcohol.

SignPost

St Andrews Church Hall

Brownley Road

Wythenshawe

Manchester M22 4JP

Tel: 0161 436 5433/5432

A service for young people aged between 14-25 in Wythenshawe. It provides advice and information on housing, homelessness, employment; welfare rights, drugs, contraception and sexual health. They offer free condoms, a free confidential pregnancy testing service and a women's group.

VIAGRA

Viagra is a treatment for impotence that has become increasingly common as a recreational drug particularly amongst gay men who want to counter act the impotence side-effect of ecstasy.

Several studies have linked Viagra use to increased risk of unprotected sex and STIs.

Viagra should not be taken in conjunction with poppers or nitrates or with drugs used to treat angina.

If nitrates and Viagra are taken together, blood pressure may fall to dangerously low levels.

Care needs to be taken using Viagra in combination with anti HIV drugs.

HELPLINES

Alcohol

Drinkline

0800 917 8282 (freephone 24hrs)

For anyone who is worried about their or someone else's drinking

Cancer

Cancerbackup

Tel: 0808 800 1234

Information and support on cervical and breast cancer.

Cancerlink

Tel: 0808 808 0000

Information and support on cervical and breast cancer.

Children

ChildLine

Helpline: 0800 1111

ChildLine is a free 24-hour helpline for children and young people. They provide confidential telephone support with any problem a child or young person might have.

NSPCC

Child Protection Helpline 0808 800 5000

Free 24-hour helpline for anyone concerned that a child is suffering or in distress. Children and young people who are being abused can also call this line.

Contraception

Contraceptive Education Service (FPA)

Tel: 0845 310 1334

Information and advice on methods of contraception and support finding your local clinic.

Disabilities

Disability Rights Commission

Helpline: 08457 622 633

Textphone: 08457 622 644

Provides advice and information to disabled people, employers and service providers on the law and supports people with getting their rights.

Domestic violence

Manchester Domestic Violence Helpline

Tel: 0161 636 7525

Advice and support for women experiencing domestic violence. Referrals to safe houses and refuges, and support with benefits, legal rights and housing. Urdu, Hindi and Gujarati spoken.

Manchester Rape Crisis

Tel: 0161 273 4500

This is a service for girls and women that offers confidential advice, counselling, information and support.

Black and Asian women's helpline:

Tel: 0161 273 4514

HIV/AIDS

African AIDS Helpline

0800 0967 500

Monday to Friday, 10am - 6pm

All calls are free and confidential and are available in English, French, Shona, Swahili and Luganda.

Sexual Health Helpline

Tel: 0800 567 123

A 24-hour, seven days a week service providing advice about HIV, AIDS, sexual health, local services, clinics and support services

NAZ Project

Tel: 020 8741 1879 (London number)

Monday to Friday, 9am - 5pm

Help and information on HIV/AIDS for South Asian, Middle Eastern, North African, Horn of African and Latin American communities, as well as Portuguese speaking communities.

Body Positive North West

Tel: 0161 882 2202

10am - 10pm daily

Information and advice

THT Direct

Tel: 0845 1221 200

Information, advice, practical and emotional support on a wide variety of issues relating to HIV and sexual health.

Lesbian, gay and bisexual

Lesbian and Gay Foundation Helpline

Helpline: 08453 30 30 30 (6pm-10pm every day)

Information and support for lesbian, gay and bisexual people.

Mental Health

MIND in Manchester Information service

Tel: 0161 272 8205

Information about Manchester's mental health services and mental health issues.

Muslim Youth helpline

Tel: 0808 808 2008 (Freephone)

Offers counselling and help with problems, staffed by young Muslim people.

Samaritans

Tel: 08457 90 90 90

A chance to speak in total confidence to a Samaritan volunteer about anything that is troubling you.

42nd St

Helpline 0161 832 0170

A helpline for young people. Mon, Thurs, Fri 12.30-4.30pm

Prisoners

Prisoners Families Helpline

Tel: 0808 808 2003

Provides support to the families of prisoners.

Rape and sexual assault

Rape Crisis helpline

Tel: 0161 273 4500

This is a service for girls and women that offers confidential advice, counselling, information and support.

Black and Asian women's helpline:

Tel: 0161 273 4514

Survivors UK

Tel: 0845 1221201

Provides information, support and understanding for male survivors of rape and sexual abuse. It also offers support to their families, partners and friends

Refugee and Asylum seekers

Refugee Action helpline

Free phone helpline: 0800 917 2719

Provides support, advice and information for refugees, asylum seekers and friends or family calling on their behalf.

Sexual Health

Sexual Health helpline

Tel: 0800 567 123 (freephone)

Advice and information for anyone concerned about sexually transmitted infections, HIV/AIDS, contraception and safer sex.

Sexwise

Tel: 0800 28 29 30 (freephone)

Sexwise is a helpline that offers free, confidential advice on sex, relationships and contraception 7am-midnight, to anyone under 18, Calls from landlines are free and will not show up on the bill.

RuClear

Tel: 0845 330 6363

Confidential advice line about where to get tested for chlamydia near you.

Victim Support

Victim Support Line

Tel: 0845 30 30 900

Confidential help, information and support for people effected by crime and for witnesses attending local courts.

USEFUL WEBSITES

Alcohol and Drugs

www.talktofrank.com

A confidential, website offering advice, information and support about drugs

www.drinkaware.co.uk

Information about alcohol and drinking, from fascinating facts to practical tips, to suit all kinds of people and occasions.

www.downyourdrink.org

Down your drink is the revolutionary six-week online programme that tells you what you need to know to stay drinking safely.

www.al-anonuk.org.uk

Al-Anon provides understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking. Alateen is part of the Al-Anon fellowship and is for young people, aged 12-20 who are affected by a problem drinker.

Asylum seekers/refugees

www.torturecare.org.uk

Medical Foundation for the Care of Victims of Torture.

www.amnesty.org.uk

Amnesty International UK.

www.harpweb.org.uk

Health for Asylum Seekers and Refugees Portal.

www.uklgig.org.uk

Immigration rights for lesbian and gay couples and asylum seekers.

Black and ethnic minority

www.blackhealthagency.org.uk

Manchester based service providing information and support services.

Cervical cancer

www.cancerscreening.org.uk

NHS cervical screening programme.

Children and young people

www.childline.org.uk

A website for children or young people in any kind of trouble, worry or danger.

www.likeitis.org

Sex, sexual health and relationship information for young people.

www.bullying.co.uk

An anti-bullying website for children, young people, parents, carers and professionals.

www.ruthinking.co.uk

Concerns about sex and sexual health information for young people.

Contraception

www.fpa.org.uk

(Formerly the Family Planning Association). Sexual health and contraceptive information, resources and training.

Disabled people

www.youreable.com

Information, products and services for disabled people. Including advice on sex and relationships, pen-pals and discussion forums

Domestic violence

www.broken-rainbow.org.uk

Broken rainbow. For survivors of same-sex domestic violence.

www.endthefear.co.uk

Local information and advice for people experiencing domestic violence.

HIV/AIDS

www.nat.org.uk

National AIDS Trust.

www.aidsmap.com

National AIDS Manual.

www.avert.org

AIDS Education and Research Trust.

www.ght.org.uk

George House Trust. A Manchester based HIV/AIDS service.

www.tht.org.uk

Terence Higgins Trust.

Lesbian, gay and bisexual

www.stonewall.org.uk

Equality and Justice for Lesbians, Gay Men and Bisexuals

www.lgf.org.uk

The Lesbian and Gay Foundation. Manchester.

Medical

www.bmj.com

British Medical Journal.

www.bma.org.uk

British Medical Association.

Mental Health

www.mind.org.uk

Mental health charity providing information, services and education.

Rape and sexual assault

www.manchesterrapecrisis.co.uk

A website for women and girls who have been raped or sexually assaulted.

www.survivorsuk.org

A website for men that have been sexually abused or raped.

Sexual Health

www.ssha.info/

Society of Sexual Health Advisers

Information for the public and for professionals working in sexual health.

Health Statistics

www.nwpho.org.uk

North West Public Health Observatory.

Transgender

www.northernconcord.org.uk

A self-help and social group for cross dressers and people who consider themselves to be transsexuals.

REFERENCES

DOH Health Service Circular, 1999

Health Protection Agency, 2004

Health Protection Agency, 2005

Index of Multiple Deprivation, 2004

Manchester City Council, 2005

OPDM, 2004

World Health Organisation, 2004