

Sexual Health Adviser Service at John Hunter Clinic

John Hunter Clinic

3rd Floor, St Stephen's Centre
Chelsea and Westminster Hospital
369 Fulham Road
London SW10 9NH

To speak to a Sexual Health Adviser, please book an appointment (see below) or call the team on 020 3315 6155.

Clinic times (by appointment)

Mon: 1:30–5pm

Tue: 9am–4pm

Wed: 12:30–7pm

Thu: 8am–4pm

Fri: 9:30am–4pm

How to book an appointment

- **T:** 020 3315 6699
- **W:** www.chelwest.nhs.uk/jhc

Walk-in times

Mon: 9–10:30am

Tue: 5–6:30pm

The walk-in clinics operate on a first come, first served basis and may fill up quickly. The clinic will close once we have reached full capacity. Please arrive early to avoid disappointment.

The John Hunter Clinic offers a free and confidential service

Membership and Patient Advice & Liaison Service (M-PALS)

If you require information, support or advice about our services, you can contact the M-PALS office on the ground floor of the hospital just behind the main reception.

Alternatively, you can feedback your comments/suggestions on one of our comment cards, available at the M-PALS office, or on a feedback form on our website www.chelwest.nhs.uk.

We value your opinion and invite you to provide us with feedback of the service. In some of our wards and departments we have devices that enable patients/carers to give us their feedback before going home. Please ask a member of staff for more information.

T: 020 3315 6727

E: m-pals@chelwest.nhs.uk

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**3rd Floor, St Stephen's Centre
Chelsea and Westminster Hospital**

369 Fulham Road
London, SW10 9NH

T: 020 8746 8000

W: www.chelwest.nhs.uk

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Sexual Health Adviser Service at St Stephen's Centre

John Hunter Clinic

Kobler Clinic

Information for patients and staff

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Chelsea and Westminster

Chelsea and Westminster Hospital 
NHS Foundation Trust

Sexual health

To maintain or improve our sexual health, it helps to have the correct information, and to be able to take the time we need to make decisions for ourselves.

Sometimes it is easier to talk these things through with someone else.

Sexual Health Advisers are available for advice and support around all aspects of sexual health including sexually transmitted infections (STIs) and HIV.

If you would like to speak to one of our Sexual Health Advisers:

- Ask any member of staff at John Hunter Clinic
- Call 020 3315 6699 for an appointment
- Call the team on 020 3315 6155

What would I talk about?

Sexually transmitted infections

- We could discuss the different kinds of STIs there are and how you might get them—we could explain how they are treated and more importantly how best to avoid getting them
- We also see people diagnosed with STIs/HIV for partner notification, a process where you and the Health Adviser work out who might also need to be treated (current or previous partners)—they will also advise you on how best to do this so your partner(s) can access screening and treatment, therefore avoiding passing infections on to anyone else
- If you find it difficult to tell people we can always do it confidentially for you
- The Sexual Health Advisers are not there to judge but to offer help and offer support

Having the sex you want and making it safer

- Sexual health isn't just about the absence of infections—good sexual health is about having the sex you want and making it as enjoyable and safe as possible
- We can talk about sex with you and your partner(s) and look at strategies around reducing the risk of picking up infections so that you can enjoy the sex that you want safely
- We can discuss what types of condoms might be right for you and supply you with some condoms and lube
- If you feel you are repeatedly putting yourself at risk of HIV/STIs then we can help you to look at what might be going on and suggest some solutions

Information about HIV

- There are lots of myths out there about HIV. Sexual Health Advisers can explain HIV and how it is transmitted. They can also advise you on how you can best protect yourself from HIV.
- Knowing your HIV status is a very important piece of information. Sexual Health Advisers are available to explore with you whether to have a test or not. They will explain the different tests available, what the different results could be, and also prepare you for your result.
- Sexual Health Advisers are there to support you—no matter what result you get.

If you are HIV positive

If you have just been told you are HIV positive or you have been living with HIV for quite some time, there can sometimes be moments when a listening, informed ear is helpful—whether that is discussing future options, treatment and support issues, offering crisis intervention or supporting you in telling others about your diagnosis.

Sexual Health Advisers are also available to help you negotiate safer sex with your partners and discuss risk reduction.

Assessment and referral for further support

If you feel you need help or support and we cannot provide this, we may be able to suggest an appropriate service to meet your needs such as clinical psychology or various organisations that specialise in a particular area.

For hospital staff testing patients for HIV on your ward

Sometimes on various wards in the main hospital a HIV test is required. We are happy to take referrals with regards to HIV testing or POCT HIV testing or give advice and support to clinicians and patients about any aspect of HIV/STIs.

Getting here

Tube

- Fulham Broadway, South Kensington, Earl's Court

Bus

- 14, 414, 211, 328, C3

