

# HEALTH PROMOTION AND OUTREACH NEWSLETTER



Sexual Health Services  
Nottingham and Nottinghamshire

Edition 1 - November 2025

**Welcome to the first edition of the Health Promotion and Outreach newsletter — a space to share stories, celebrate progress, and stay connected. This newsletter marks the beginning of the development of a dedicated Health Promotion and Outreach team serving both the City and County.**

My name is Matthew Osborne, and I'm the Sexual Health Promotion, Outreach and Training System Lead at Sexual Health Services Nottingham and Nottinghamshire. I lead the Sexual Health Promotion and Outreach Team, supporting the development of inclusive, community-focused sexual health outreach across the City and County.

I joined the service in June, having previously worked in Public Health at Nottinghamshire County Council. I'm really enjoying the opportunity to connect with new and existing partners, build partnerships, and explore fresh ways to promote sexual health in diverse settings.

My background is in education and public health — I began my career as a primary school teacher and later supported schools through the Healthy Schools Programme. I've also worked within the NHS in a Mental Health Trust.



## Team updates and changes

The HPO team has undergone several changes over the past few months.

We've now come together as a single Health Promotion and Outreach team covering both the City and County — an exciting step forward as we shape the new service, refresh our service plan, and explore ways to strengthen our outreach offer (see last page of the newsletter for more details).

Jude Green, who led the service, has retired after many years in sexual health. She'll be greatly missed, and we wish her all the best in this next chapter. Tarze Edwards has started a year-long sabbatical for professional development, and Rebecca is currently on sick leave — we send her our warmest wishes for recovery.

We're also welcoming new faces. Jamie Poynton-Smith joined us in September as an Outreach Worker, and another new team member will be joining soon. Phil (see Team Member Spotlight) is now the site lead across Mid Notts.

As the team settles in, completes training, and gets to grips with new roles, we've temporarily reduced some face-to-face delivery — but our new plan is taking shape, and we're excited for what's ahead.

## Team member spotlight

Hi, I'm Jamie - I'm excited to have joined the team! I have previously worked in the NUH vaccination hub, at Base51, and at Equation. In my free time, I like climbing and making pottery! I'm really passionate about working towards making Sexual Health inclusive and judgement-free.

## Launch event

In September, we held a special event at County Hall to mark the launch of Sexual Health Services Nottingham and Nottinghamshire. The celebration brought together Directors of Public Health, Councillor Dawn Justice (Cabinet Member for Communities and Public Health), Councillor Helen Kalsi (Executive Member for Adult Social Care and Health), service leads, and a wide range of stakeholders — including health and care partners, community champions, and voluntary sector organisations.

It was a fantastic opportunity to recognise the vital work being done to make sexual health advice, testing, and treatment quick and easy to access for all. The event also helped strengthen connections and spark new partnerships across the system.



## Congratulation's

Huge congratulations to the Sexual Health Team at Sherwood Hospitals NHS Foundation Trust within SHSNN for winning 'Specialist Healthcare Team' at the Sherwood Forest Hospitals NHS Foundation Trust Trust Excellence Awards 2025 last night. Huge achievement, showing the excellent clinical care in Nottingham and Nottinghamshire!



## Pride events

The HPO team proudly attended Pride events in Harworth, Worksop, and Nottingham — engaging face-to-face with hundreds of local residents. It was a fantastic opportunity to promote our new service branding (the sperm keyrings and trolley tokens were a definite hit!), distribute condoms, and connect with partner agencies including CityCare, the Refugee Forum, and the Young People's LGBT+ Group.



## Team member spotlight

I'm Phil and recently appointed as Sexual Health Promotion & Outreach Lead for the Mid Notts County. I am based at Kings Mill but spend a lot of time in the community working with different groups of people to promote a positive sexual health.

I'm really passionate about ensuring that our service users get an outstanding service. I love making those connections with people and supporting them to achieve a positive outcome to their concerns, whether that be advice and support, testing, or if I can't help, signposting them to the main sexual health service where they can get the support they need.

In the community I have set up and run some specialist sexual health drop-in clinics for GBMSM, those who are homeless and roofless, and Young people. I have also recently been involved in some small group work for a project run by the Nottingham Refugee Centre that aims to empower women with Refugee status to act as champions within their own community.

When I'm not at work I enjoy travelling and listening to live music, and if I can combine the two, all the better! I have a lot of friends from all around the world that share this love of music.

I am really proud to be a member of our dept and celebrating the recent award that our Sexual Health Team won for Specialist Health Care service of the year, which was an amazing achievement.



## Community Insight:

In July, we held an engagement session with Heya, a women's Arab group, at County Hall, supported by a clinician and colleagues from City and County Public Health. The focus was on access to sexual and reproductive health services, and feedback was both rich and positive.



Participants shared that sexual health choices are often shaped by personal, cultural, and religious beliefs, highlighting the need for clearer, more inclusive information. Many relied solely on GPs or maternity services, with limited awareness of wider support — suggesting community groups and social media as vital outreach channels. Language barriers and confusion around smear test intervals also emerged, pointing to the need for interpreters, visual resources, and clearer service navigation.

This learning is helping shape updates to the sexual health website, including simple, multilingual resources on contraception. We're keen to connect with more groups interested in learning about contraception and shaping future projects.

## #sexualhealth and freshers

September has been a busy month with many engagement events and pop up clinics. The HPO team have been about and about at places such as High Pavement College, City Hub, Basford & The Gateway, Highfields, Brackenhurst and many more places.



## Emmaus Trust workshop

As part of our outreach work, the HPO team delivered a sexual health workshop at Emmaus Trust in Newark, supporting young adults aged 21–25. The session focused on safe and healthy relationships, contraception, consent, and reducing stigma around sexual health.

Participants explored ways to protect themselves from pregnancy and STIs, learned where to access free testing and contraception locally, and deepened their understanding of consent, boundaries, and healthy relationships.

On the day, we offered STI screening (chlamydia, gonorrhoea, HIV, syphilis, and Hep B), signed residents up for the C-Card scheme, and supported one young person to book a contraception appointment at Newark Hospital.

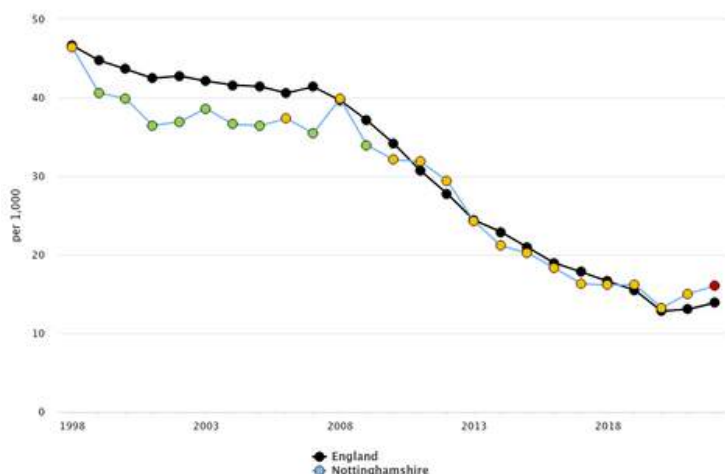
## Sexual Health data and trends

The latest data on HIV testing, HIV pre-exposure prophylaxis (PrEP), HIV post-exposure prophylaxis (PEP), new HIV diagnoses, late HIV diagnoses and deaths has been released. Key national findings are:

- The latest HIV surveillance data for 2024 shows encouraging progress in reducing HIV transmission, with new diagnoses falling by 4% across the UK from 3,169 in 2023 to 3,043 in 2024.
- England continues to excel in HIV testing, treatment and care, once again meeting the UNAIDS targets, with 95% of all adults living with HIV diagnosed, 99% of those diagnosed receiving treatment, and 98% of those on treatment having suppressed viral loads.
- Overall HIV testing in sexual health services increased by 3% and partner notifications - where the sexual partners of people newly diagnosed with HIV are contacted and encouraged to test - remained highly effective, with 85% of contacts tested and 5% newly diagnosed with HIV.
- Locally, new HIV diagnoses have decreased in Nottingham and Nottinghamshire.
- HIV testing numbers have also increased, but testing rates in the County are below the England rate.

Taken from OHID Fingertips

Under 18s conception rate for Nottinghamshire



The latest teenage conception data has also been released. This data is from 2022 but is showing a continued rise in under 18s conception rate in Nottinghamshire. This shows a continuing need to promote sexual health.

## Sexual Health Champions

We have been delivering a sexual health community champions program in conjunction with the Refugee Forum and the Nottingham City Council Health Champion scheme. This involved a 6 week programme of training to develop the knowledge and confidence of participants. Some feedback from the programme included:

*"Hello, I'm part of the community champion sexual health project and I'm gonna give you my feedback. The lessons have been very helpful. I learned a lot about sexual health and the impact it could leave on individuals like socially and emotionally. I also learned about confidentiality and laws to protect young people - like for example of a young person approached me and they were worried - like they had protected sex and they were worried about an infection then I would know where to refer them too."*

## Have a few spare minutes?

Why not try this sexual health word search

### Sexual Health Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | M | G | N | I | T | S | E | T | I | T | S | S | S |
| C | N | Y | T | R | E | A | T | M | E | N | T | I | P |
| V | A | C | C | I | N | A | T | I | O | N | T | U | E |
| G | A | I | C | P | H | A | E | T | S | N | E | C | C |
| G | C | O | U | N | S | E | L | L | I | N | G | H | U |
| I | J | M | P | R | P | N | A | I | T | I | N | L | L |
| C | O | M | B | I | N | E | D | P | I | L | L | A | U |
| C | C | A | R | D | M | T | R | N | T | E | D | M | M |
| C | O | N | D | O | M | S | L | P | A | A | T | Y | C |
| N | I | T | O | O | I | N | O | C | P | T | N | D | U |
| T | R | A | I | N | I | N | G | S | E | I | C | I | N |
| V | H | M | G | O | N | O | R | R | H | O | E | A | U |
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COUNSELLING  
TRAINING  
INJECTIONS  
VACCINATION  
SPECULUM  
PREP  
CHLAMYDIA  
CONTRACEPTION  
STI TESTING  
HEPATITIS  
TREATMENT  
CONDOMS  
COMBINED PILL  
GONORRHOEA  
CCARD  
HIV

Play this puzzle online at : <https://thewordsearch.com/puzzle/8835430/>

## Did you know? - Community Pharmacies to offer the 'morning after pill'

As of October 2025, people across Nottingham and Nottinghamshire are now able to access emergency contraception (the morning after pill) at their local community pharmacy as part of the expanded NHS Pharmacy Contraception Service. This means that people access the 'morning after pill', for free, without needing a GP appointment or visiting a sexual health clinic.

### What's new?

- Free emergency contraception available directly from pharmacies
- No prescription or GP visit required
- Confidential consultations with trained pharmacists or pharmacy technicians
- Access to oral contraception

Anyone in need of emergency contraception can visit a participating pharmacy for a quick confidential consultation. The service is available across England and is free of charge. Remember that you can still access emergency contraception and the full range of sexual health service at Sexual Health Service Nottingham and Nottinghamshire.

For more information or to find a participating pharmacy near you, visit [Find emergency contraception - NHS](#)

## New website in live!

The Sexual Health Services website has been updated with a new look and format. We're also working on new features like online booking and access to personal health records. Take a look and share with others who might find it useful.



**Facebook**



**Instagram**



**LinkedIn (NEW)**

Social  
media  
Channels

# Sexual Health Promotion and Outreach Offer

## Our Vision is:

Our team is committed to delivering inclusive and non-judgemental sexual health promotion and outreach across Nottingham and Nottinghamshire. We focus on empowering people—especially individuals whose needs aren't met by traditional healthcare approaches—to build healthy relationships and make informed choices that support positive sexual health. By working collaboratively with partners and communities, we aim to reduce sexual health inequalities and improve outcomes for those most at-risk.

## What we are trying to achieve

|                                                                                                                                                                                 |                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Empower people to make informed choices</b> - We provide clear, confidential advice so individuals and communities can lead healthy sexual lives.                            | <b>Work with communities, not just for them</b> - We co-produce outreach and resources with local organisations and people, making sure our work reflects real needs.            |
| <b>Make services easier to find and use</b> - We promote and signpost all local sexual health services, so people know what's available and how to access it.                   | <b>Tackle stigma and open up conversations</b> - We create safe, respectful spaces for talking about sexual health — helping people feel confident, informed, and supported      |
| <b>Support access to contraception</b> - We raise awareness of the C-card scheme and contraception options and make it easier for young people to register and pick up condoms. | <b>Reach people who need us most</b> - We focus our outreach on communities and areas facing health inequalities, using data and local knowledge to guide where and how we work. |
| <b>Increase access to testing</b> We bring testing into communities, prioritising those most affected by poor sexual health outcomes.                                           | <b>Build knowledge across the system</b> We help other teams and services feel confident talking about sexual health and supporting people with the right information.           |

We support communities and individuals across Nottingham City and Nottinghamshire County — but we focus our outreach on communities and areas facing the greatest barriers to sexual health.

### Bassetlaw

Manton  
Worksop Town Centre  
Retford South

### Mid-Notts

Coxmoor (Kirkby)  
Leamington (Sutton)  
Broomhill and Butlers Hill (Hucknall)  
Bellamy Estate (Mansfield)  
Hawtonville (Newark)

### South Notts

Eastwood  
Arnold

### City

Bilborough  
Bulwell  
Aspley  
Hyson Green/Arboretum  
St Annes  
Clifton

## Priority Populations

Young People (16-24), Severe Multiple Disadvantage, Gay Bisexual (all) Men who have Sex with Men, asylum seekers/those newly arrived in the country, black African communities and Asian and British Asian populations

## What we can offer

-  **Community Testing** We offer free, confidential asymptomatic STI testing in communities, focusing on those most affected by poor sexual health.
-  **C-Card and Contraception Access** We promote and deliver awareness the C-card scheme (free condoms), and raise awareness of all forms of contraception available locally, including where and how to access them. helping young people access free condoms and advice.
-  **Service Signposting** We make it easier for people to find and use local sexual health services — through clear, inclusive promotion.
-  **Direct Delivery** We provide clear, inclusive sexual health information to help people make informed choices, protect themselves and access the support they need — delivered in a range of settings including community spaces, outreach events, and partner organisations.
-  **Support for Those Most at Risk** We work 1:1 and in small groups with people at highest risk — covering sexual health basics, safer sex, and how to access services.
-  **Co-Production with Communities** We design outreach and resources with local people and organisations — making sure our work reflects real needs.
-  **Training for Professionals** We deliver training, briefings, and resources to help staff feel confident talking about sexual health with the people they support.