

To get in touch:

Bedford

- Visit: Terrence Higgins Trust, Kings Brook, 5 St John's Street, Bedford, MK42 0AH
- Phone: 01234 244121
- Email: sexualhealthbedford@tht.org.uk

Cambridge

- Visit: Terrence Higgins Trust, Mill House, Cambridge, CB1 3DF
- Phone: 01223 723474
- Email: CambridgeshireCSO@tht.org.uk

Milton Keynes

- Visit: 624 South Fifth Street, Milton Keynes, MK92FX
- Phone: 07785 632799
- Email: info.miltonkeynes@tht.org.uk

Norfolk

- Visit: Terrence Higgins Trust, 1a Oak Street, Norwich, Norfolk, NR3 3AE
- Phone: 01603 226 666
- Email: norfolksexualhealth@tht.org.uk

Suffolk

- Visit: Terrence Higgins Trust, 10-12 Orwell Place, Ipswich, Suffolk, IP4 1BB
- Phone: 01473 393100
- Email: sexualhealthsuffolk@tht.org.uk

THT DIRECT > 0808 802 1221
www.tht.org.uk

Terrence Higgins Trust also offers:

- Chlamydia screening outreach events for under 25-year-olds.
- Free condoms via our C-Card scheme.
- Education & Sexual Health Support for young people.
- Information and advice on HIV and sexual health.
- Rapid HIV testing.
- Training and support for professionals.

Join us on social media:

Bedford

Facebook: Terrence Higgins Trust Bedfordshire

Twitter: @THT_Beds

Instagram: @tht_beds

Cambridge

Facebook: Terrence Higgins Trust Cambridgeshire

Milton Keynes

Facebook: @THTMiltonkeynes

Instagram: @tthtmiltonkeynes

Norfolk

Facebook: Terrence Higgins Trust Norfolk

Suffolk

Facebook: Terrence Higgins Trust Suffolk

Twitter: @THTSuffolk

The HIV and sexual health charity for life.

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Registered office: 314-320 Gray's In Road, London WC1X 8DP.

Terrence Higgins Trust is a registered charity in England

and Wales (reg. no. 288527) and in Scotland (SC039986).

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SEXUAL HEALTH SERVICES

0300 300 30 30
www.icash.nhs.uk

Integrated contraception and sexual health (iCaSH) services are provided by Cambridge Community Services NHS Trust in partnership with Terrence Higgins Trust.

Chlamydia and gonorrhoea testing for under 25-year-olds

Chlamydia and gonorrhoea are the most common sexually transmitted infections (STIs) in the UK, affecting both males and females.

You could have one of these STIs without knowing and if left untreated they can lead to serious long-term health problems.

Chlamydia and gonorrhoea are simple to test for and can be treated with antibiotics.

You can get a testing kit at many youth organisations, pharmacies and GP surgeries.

You can also order a postal testing kit online www.youngandfree.org.uk

**young
& free**

The service is free and confidential.



C-Card condom scheme for under 25-year-olds

When used correctly during vaginal, anal and oral sex, condoms help to protect against STIs.

Condoms are the only type of contraception to help protect against both pregnancy and STIs.

You can join the C-Card scheme at lots of C-Card points across Bedford, Cambridgeshire, Milton Keynes, Norfolk and Suffolk, including colleges, youth services, pharmacies and GP surgeries.

**young
& free**

To find out more visit
www.youngandfree.org.uk



INTEGRATED CONTRACEPTIVE AND SEXUAL HEALTH SERVICES

iCaSH provide services on all aspects of sexual health including:

- contraception
- testing and treatment for all STIs including HIV.

Services are available from easily accessible locations across Bedford, Cambridgeshire, Milton Keynes, Norfolk and Suffolk.

For more information please visit:
www.icash.nhs.uk or to make an appointment telephone
0300 300 3030.