

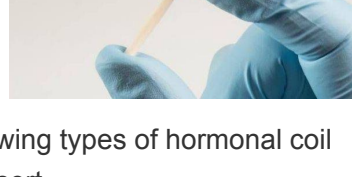
Summer 2026

Welcome to our latest quarterly newsletter, this issue features information on:

- Extended licence for contraceptive implant
- HIV prevention - PrEP and condoms
- 'Safer Summer Sex' poster
- New internal condom video
- Meir walk-in clinic recommenced
- See the team at Stoke-on-Trent Pride
- Tell us the contraception myths you've been hearing!
- Reminder: Change of online STI testing kit provider

Extended licence for contraceptive implant

The contraceptive implant (Nexplanon) is now licensed for **5 years** for contraception purposes (this has increased from 3 years). This means they are safe and effective to be used for longer than previously.



Last year, licences were also extended to 8 years for the following types of hormonal coil (IUS), for contraception purposes: Mirena, Benilexa and Levosert.

These extensions apply to implants and IUSs that have already been fitted. We are advising patients that, if they have one of these methods and are happy with it, to note the new expiry date.

If patients wish to discuss this further, we advise attending for a contraception consultation (walk-in or booked), or for the patient to see their GP. Our service will not change these methods earlier than the new lifespans.

Meir Walk-in Clinic Recommenced

Our walk-in contraception clinic in Meir has now recommenced. The walk-in clinic will accept patients from 10am–3pm, with the clinic will closing at 4pm.



Some appointments will still be available on a limited basis. These can be booked [online](#) or by calling on 0808 178 0955.

HIV Prevention - PrEP and Condoms

We would like to ensure that local professionals are aware of free condoms and PrEP available from our services, so they can signpost members of the public appropriately.

Condoms:

- Help to protect against other infections as well as HIV
- Easy to get and use
- Free from NHS sexual health services, and some pharmacies with a C-Card (available to ages 13+)



PrEP:

- Medication taken before and after sex that reduces the risk of getting HIV
- For people who feel they are at greater risk of HIV infection
- Free from NHS sexual health services

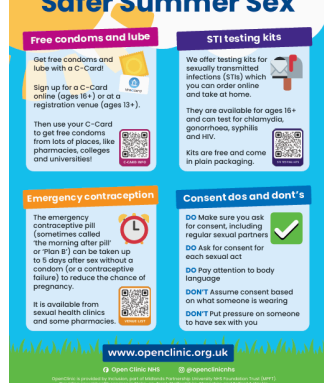


People can find further information about both of these options on our website

www.openclinic.org.uk

Safer Summer Sex Poster

The summer holidays are coming up, and we have a seasonal poster [on our website which you can download](#), letting people know about the services available to them, including C-Card, STI testing kits and emergency contraception. Some quick consent dos and don'ts are also included.



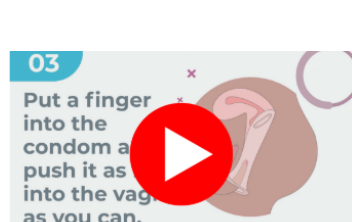
We will also be sharing seasonal content on our social media channels:

Facebook - [Open Clinic NHS](#)

Instagram - [@openclinicnhs](#)

Internal Condom Video

We have a [new video](#) showing how an internal condom (sometimes known as a female condom) is used.



The video offers some easy-to-follow instructions and visuals, and we hope that the video also raises awareness of their availability.

Internal condoms are available to [order online](#), via the C-Card scheme, and also available at clinics.

See the team at Stoke-on-Trent Pride

Our friendly Sexual Health Promotion Team will be at Stoke-on-Trent Pride again this year, which takes place on Saturday 20th June at Hanley Park. The team will be offering:

Free condoms, dams and lube - People can sign up for a C-Card and pick up a colourful Pride condom pack!

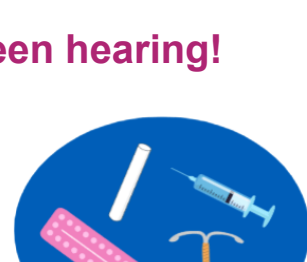


Fun freebies - We are taking a range of fun freebies for people to pick up, encouraging conversations around sexual health.

Information and advice - People can ask our team for information and advice about sexual health, consent and local services.

Tell us the contraception myths you've been hearing!

We are planning to run a campaign later this year, focused on busting myths around different contraception options.



We know that many people see inaccurate information on social media, and rely on experiences of friends and family, rather than speaking to a healthcare professional or seeking evidence-based information from trusted sources.

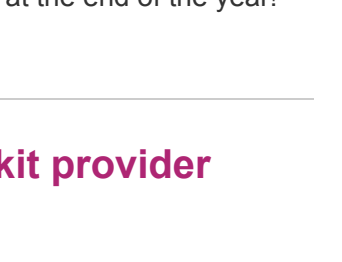
Have you heard any contraception myths, when working with patients, students or any other service users? If so, we want to hear from you!

[Please share any myths or misinformation that you have heard with us, via our online form.](#)

We will also be asking people in our outreach sessions about any myths they've heard, and are looking forward to tackling some of the common ones at the end of the year!

Reminder: Change of online STI testing kit provider

Earlier this year, we changed the provider of our order online STI testing kits from SH:24 to SH.UK.



The link to order can be found on our website, so please continue to signpost people to www.openclinic.org.uk.

C-Card Reminder

C-Card paperwork must be returned by the 5th of the month, to one of the following email addresses:

Stoke-on-Trent and North Staffordshire: SexualHealthOrders@mpft.nhs.uk

South Staffordshire: SexualHealthPrevention@mpft.nhs.uk

Shropshire: SexualHealth.Shropshire@mpft.nhs.uk

Telford: Telford.Prevention@mpft.nhs.uk

There is no longer an upper age limit to C-Card; it is available to people aged 13+ in all areas.

