

# Sexual Health Service Directory for Wandsworth and Richmond upon Thames

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# Southwest London, Sexual Health Service Offer



**Spectra, Metro, and Kunsaka (formerly KWA)** work collaboratively to deliver services to community members across the London boroughs of **Kingston, Merton, Richmond upon Thames, Sutton & Wandsworth.**



Our goal is to improve residents' sexual health and well-being and encourage joined up service engagement from community members and professionals alike.



**Website:** [Spectra | Free Health & Wellbeing Services \(spectra-london.org.uk\)](https://spectra-london.org.uk)

If you have any general queries related to the service, please contact Hayley Conyers at: [Hayley.Conyers@spectra-london.org.uk](mailto:Hayley.Conyers@spectra-london.org.uk)

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## FOR All Residents

**Borough: Richmond and Wandsworth, Kingston, Merton, and Sutton.**

We offer:

- Point-of-care HIV testing,
- Condoms, and lubricant to adults 18+ across various community sites during outreach events,
- Trans and gender-diverse services and support groups,
- Signposting across services to facilitate referrals.

If you would like to access our outreach services, please refer to our calendar of [events](#).

**Website:** [spectra-london.org.uk](https://spectra-london.org.uk)

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## **FOR** Young People, Parents/Carers and Professionals Who Work with Young People

**Boroughs: Richmond and Wandsworth, Kingston, and Merton.**

We offer free:

- Targeted Relationships and Sexuality Education (RSE) to schools, people referral units, and other organisations working with young people aged 13-25.
- Presentation topics include but are not limited to: consent, STIs and HIV, healthy relationships, anatomy, reproductive & sexual health, LGBTQ+ History & Inclusion.
- RSE to education settings is delivered as part of a series, or as a one-off RSE session delivery to community venues e.g. youth centres.
- During RSE sessions, young people are provided with opportunities:
  - To register with the C-Card scheme, providing access to free condoms,
  - Chlamydia screening and lubricant,
  - To speak to a trained member of staff one-to-one to ask any sensitive questions.
- As part of our Whole School, Whole Community approach, we offer free training to, parents and carers of young people and professionals working with young people aged 13-25.
- Training topics include but are not limited to:
  - How to talk to young people about sex,
  - Adolescent trauma awareness,
  - Introduction to reproductive & sexual health,
  - Relationship dynamics
  - Talking to Young People about Sexual Health & Relationships
  - LGBTQ+ inclusivity.
- Trainings may be delivered as one-time presentations or as part of a series.

If you would like to register interest in general RSE; training for parents, carers and/or professionals, please contact: [YPServices@spectra-london.org.uk](mailto:YPServices@spectra-london.org.uk)

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## **FOR** Adults with Learning Disabilities, Individuals Experiencing Homelessness, Individuals Who Use Substances

### **Boroughs: Wandsworth, Kingston, and Merton.**

We offer tailored sexual health support focused on socially excluded groups, including:

- Individuals facing homelessness,
- Individuals with mental health issues,
- Individuals with substance use issues,
- Domestic violence survivors,
- Refugees,
- Adults with learning disabilities.

### Support includes:

- Group workshops - topics include but are not limited to consent, STIs and HIV, healthy relationships, and can be delivered as a one-time presentation or as part of a series.
- Resources and information available at various community sites - Resources available include but are not limited to condoms, lubricant, menstrual products, and hygiene products.

If you'd like more information about this service, please contact Pamela Cuthill at: [Pamela.Cuthill@spectra-london.org.uk](mailto:Pamela.Cuthill@spectra-london.org.uk)

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## **FOR** People Living With HIV And Their Families

### **Boroughs: Richmond and Wandsworth, Kingston, Merton, and Sutton.**

We offer peer-led support for people living with HIV and their loved ones.

Support is offered in:

- One-to-one counselling,
- Family support group sessions,
- Group peer support sessions,
- Self-management,
- Courses,
- Advice and advocacy.

All outreach is tailored to the needs of the individual(s) in attendance and includes, but is not limited to:

- Education and empowerment of faith leaders,
- Distribution of hardship funds,
- Health and fitness sessions,
- Parent groups.

If you would like more information about these services, please contact Edith Ntabyera at: [edith.ntabyera@metrocharity.org.uk](mailto:edith.ntabyera@metrocharity.org.uk)

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## **FOR Individuals Currently or Previously Engaged in Sex Work\***

\* Please note access to this service is for individuals currently engaged in sex work and access by the public without prior discussion will not be permitted to ensure community members' safety.

### **Boroughs: Richmond and Wandsworth.**

We offer:

- Regular drop-ins in secure sites where individuals can freely access general sexual health resources such as condoms, lubricant, STI test kits, menstrual sponges, as well as wider case work support including but not limited to vocational, housing & financial support. Attendees will have the opportunity to speak to trained staff with lived experience of sex work and be signposted on to other services, where appropriate. Tea, coffee and light refreshments are served during these events.
- Peer-led support group sessions held online twice a month for individuals to build community and receive social support.
- Free therapeutic counselling support for individuals.

If you would like more information about these services, please contact Denver Dunnock at: [Denver.Dunnock@spectra-london.org.uk](mailto:Denver.Dunnock@spectra-london.org.uk)

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# Sexual Health Clinic

## Off The Record (OTR)

**FOR Young People Aged 11–24 Living  
Working or Studying in Southwest London**



Sexual Health  
South West London

**Boroughs: Richmond Upon Thames.**

Provides free and confidential drop-in counselling, information and sexual health service for young people aged 11–24 living working or studying in Southwest London.

OTR is a young people's (11–24-year-olds) specific sexual health clinic in Twickenham for young people who live, study, and socialise in Richmond it offers:

- Drop in counselling,
- Walk-in information,
- Pregnancy testing,
- Contraception e.g. the pill, condoms, the contraceptive injection,
- Emergency contraception (morning after pill),
- Chlamydia testing (and referral for other STI screening),
- Referral for termination of pregnancy,

### **Address:**

Off the Record,  
2 Church Street,  
TW1 3NJ

### **Directions:**

[Google Maps](#)

### **Website:**

[otrtwickenham.com](http://otrtwickenham.com)

### **Opening Hours**

#### **Sexual Health Walk in service:**

Monday 3.00pm -5.00pm

#### **Counselling service and Walk-in information:**

Tuesday 2.00pm – 8.00pm

Wednesday 3.30pm – 8.00pm

Thursday 3.30pm – 8.00pm

Friday 2.30pm – 6.30pm

Saturday 10am – 12.00pm

Counselling services are currently running both online and face-to-face.

### **Contact us**

**Telephone:** 0208 744 1644

Lines are open 8am to 6pm Monday to Friday. A recorded message gives useful information outside these hours.

**Text:** 07414 763293

#### **Email:**

[counselling@otrtwickenam.com](mailto:counselling@otrtwickenam.com)

## Sexual Health Clinic, Falcon Road

For **All Residents**



Sexual Health  
South West London

**Borough: Richmond and Wandsworth, and Merton.**

This centre manages complex sexual health issues, led by nurses and doctors. It offers a comprehensive sexual health service including but not limited to contraception, access to PrEP and PEP, support about gender identity or sexuality and testing for sexually transmitted infections (STI's).

**Website:** [Falcon Road \(Wandsworth\) \(shswl.nhs.uk\)](https://shswl.nhs.uk)

**Directions:** [Google Maps](#)

**Booking and Information Telephone line:** 0333 300 2100

Lines are open 8am to 6pm Monday to Friday. A recorded message gives useful information outside these hours.

**Address:**

160 Falcon Road  
Wandsworth  
SW11 2LN

**Adult walk-in Clinic\*:** Doors open at 8am and close when capacity is reached on Monday, Tuesday, Thursday, and Friday.

**Young persons (U18s) walk-in clinic:** Wednesdays 3pm-6pm

**General appointments:** 2-5pm Tuesday & Friday, & 2-6.30pm on Monday & Thursday

\*This is a walk in and wait service. We strongly advise to arrive at clinic before 11am but please be aware that clinic may close earlier depending on daily demand and capacity.

## Sexual Health Clinic, Patrick Doody

For **All Residents**



Sexual Health  
South West London

**Borough: Richmond and Wandsworth, and Merton**

For routine sexual health and contraception service led by our nursing team and booked appointments with doctors.

**Website:** [Patrick Doody Clinic \(Merton\):\(shswl.nhs.uk\)](https://shswl.nhs.uk)

**Directions:** [Google Maps](#)

**Booking and Information Telephone line:** 0333 300 2100

Lines are open 8am to 6pm Monday to Friday. A recorded message gives useful information outside these hours.

**Address:**

79 Pelham Road,  
Wimbledon,  
SW19 1NX

## Young Person's Clinic

FOR **Young People (18 or under) in Southwest London**



**Sexual Health  
South West London**

**Borough: Richmond and Wandsworth, and Merton.**

This service provides free and confidential access to information and advice on any sexual health issue as well as a full range of contraception, testing & treatment for sexually transmitted infections (STIs) and support for pregnancy options (including counselling and making arrangements for abortion or continuing pregnancy).

Young person's clinics offer a drop-in service, no appointment necessary, just walk-in. **Available at:**

- [Patrick Doody Clinic](#)
  - **Open:** Mondays 3pm - 6pm
  - **Address:** 79 Pelham Road, SW19 1NX
- [Falcon Road Clinic](#)
  - **Open:** Wednesday 3pm – 6pm
  - **Address:** 160 Falcon Road, SW11 2LN
- [Off the Record](#)
  - **Open:** Mondays 3pm – 5pm
  - **Address:** 2 Church Street, TW1 3NJ

**Website:** [Young people: Sexual Health Southwest London \(shswl.nhs.uk\)](http://Young people: Sexual Health Southwest London (shswl.nhs.uk))

**Booking and Information Telephone line for all clinics:** 0333 300 2100  
Lines open 8am - 6pm, Monday to Friday. A recorded message gives useful information outside these hours.

## Sexual Health clinic for d/Deaf patients

For **d/Deaf people\***.

\*You do not have to be a BSL user to use this service.



**Sexual Health  
South West London**

**Borough: Richmond and Wandsworth**

A sexual health clinic specifically for the d/Deaf community. It is run one Friday each month (subject to change), by Dr Rose Balázs, a GP registrar in Southwest London who uses British Sign Language (BSL). There will be BSL interpreters present throughout the day to make the clinic fully accessible.

**Booking:** [Book a sexual health appointment for d/Deaf patients.](#)



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# Sexual Health Online

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## Come Correct



### FOR Young People

**Borough: Richmond and Wandsworth, Sutton, Kingston upon Thames, Merton (in person only registration) and many more London Boroughs.**

An online service that provides sexual health information and resources. This service allows online and in person registration for the c-card, which gives young people access to free condoms at a variety of locations (Outlets) displaying the Come Correct logo. Check out the website to find the locations of Outlets in your borough.

**Website:** [Home - Come Correct](#)

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## Get it (Metro Sexual Health)



### FOR Young People of Ages 16-24

**Borough: Richmond and Wandsworth.**

This free online service allows you to order chlamydia & gonorrhoea test kits, and condoms. You can also register for a c-card, and get access to advice, guidance, and information throughout the website.

**Website:** [getit.org.uk](http://getit.org.uk)

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## Getting it on



Getting it on...

FOR Young People 13 – 19  
years old

**Borough: Richmond and Wandsworth, Sutton, Merton, Kingston upon Thames and Croydon.**

An online website designed for young people in Southwest London, to provide trusted advice and information on services including **mental health, sexual health, drugs and alcohol, and relationship problems.**

Getting it on is your go-to for local services. Their aim is to provide young people who need help and support, or who are uncomfortable with asking for help, easy access to relevant services at a time they need them most and without the fear of being judged.

**Website:** [gettingiton.org.uk](http://gettingiton.org.uk)

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## Sexual Health London (SHL)



FOR All Residents

**Borough: Richmond and Wandsworth, Sutton, Merton, and Kingston upon Thames.**

SHL is London's new sexual health e-service that provides free and easy access to sexual health testing via the internet and local venues.

- The service is available to people aged 16 and over who are residents in eligible London Boroughs.
- The service provides testing for a range of sexually transmitted infections including chlamydia, gonorrhoea, HIV, syphilis, hepatitis B and hepatitis C via samples you can collect at home.
- The Clinical team will keep you updated with the progress of you order or test results. When your results are ready, SHL will send you a text or email.
- In Richmond upon Thames, residents can also order routine and emergency contraception via SHL.uk

**Register to order on the website:** [Sexual Health London • SHL.UK](http://SexualHealthLondon.org.uk)

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## Free Testing

### FOR All Residents

**Borough: Richmond and Wandsworth.**



SH24 Free Testing website: [Free HIV Kits for testing at Home | Freetesting HIV](#)

HIV and syphilis test kits are available for free for residents of Richmond and Wandsworth. Depending on your eligibility there are 2 options for HIV testing.

- A rapid self-test – gives you an immediate result. You do the test yourself and then let us know the result.
- A lab test – you take a blood sample yourself and post it to a lab. They'll text you when your result is ready. You can also opt to have the same sample tested for syphilis.

## South West London, Healthier Together

### FOR All Residents

**Borough: Richmond and Wandsworth, Kingston, Merton, Sutton, and Croydon**

Healthier Together is a website that provides all the relevant information about sexual health.

Key topics include:

- About Sex,
- Consent and the Law,
- Contraception,
- Getting Hold of Emergency Contraception,
- Pregnancy
- Sexually Transmitted Infections.



**Website:** [SW London Healthier Together](#)