

Update to sexual health services

The Garden Clinics in Slough, Bracknell and Maidenhead

All service users require a booked appointment to be seen, unless using the Young Person's Clinics.

Garden Clinic opening hours

You can attend for **booked appointments only** at:

	Slough Upton Hospital	Bracknell Skimped Hill Health Centre	Maidenhead St Mark's Hospital Community Health Clinic
Monday	12pm – 7pm 5pm – 7pm Virtual Clinic	11am – 6pm	CLOSED
Tuesday	8.30am – 4pm	CLOSED	CLOSED
Wednesday	8.30am – 11am	CLOSED	5PM – 7PM VIRTUAL CLINIC
Thursday	8.30am – 4pm	10am – 3pm	CLOSED
Friday	8.30am – 4pm	CLOSED	CLOSED
Saturday	10:00am – 12pm Virtual Clinic		

No appointment is needed for the **Young Person's Clinic** (for those aged 18 and under) at:

- Upton Hospital, Slough: Wednesdays, 3.30pm – 5pm
- Skimped Hill Health Centre, Bracknell: Thursdays, 3.30pm – 5pm

Our phone lines are open between 10am – 2pm throughout the week. Please be aware our phone lines close every Wednesday afternoon at 1pm.



0300 365 7777



safesexberkshire.com

Garden Clinic services

Sexual health screening

If you have symptoms of an infection, book an appointment via safesexberkshire.com

Anyone not experiencing any symptoms but wish for a peace of mind test, can now order a free online postal kit via the website.

We don't offer cervical smear tests, which you should be able to book via your GP surgery instead.

Contraception (East Berkshire residents only)

For all contraception appointments, call to book an appointment: 0300 365 7777 (option 1). Online booking is not available.

The service offers all forms of contraception, including Depo Provera injection, contraceptive pills, Evra Patches, but ongoing contraception requirements, including prescriptions, will need to continue via your GP surgery.

Larcs – Coils & Implants

We only fit Mirena coils for contraception purpose, and not as part of HRT or controlled bleeding. These will need to be done at your GP surgery or by referral to Gynaecology.

We offer specialised Larc Clinics and endeavour to see all service users within 4 - 6 weeks.

HIV (Human Immunodeficiency Virus)

HIV testing and treatment and emergency treatment following HIV risk (PEP) are all available. For information about Pre-Exposure Prophylaxis (PrEP) or Post Exposure Prophylaxis (PEP), please visit our website.

Services requiring referral from a GP

Psychosexual Counselling (East Berkshire residents only)

We offer psychosexual counselling and ask that all service users are referred by their GP following the below criteria:

- Erectile dysfunction
- Erectile disorders
- Genito-pelvic pain/penetration disorder (previous dyspareunia and vaginismus)
- Orgasmic dysfunction or anorgasmia

(For men) Premature and delayed ejaculation

Your GP is likely to carry out some tests, including bloods, blood pressure, cardiovascular risk assessment, genital examination, and/or trial of the medication Sildenafil (Viagra) (if suitable).

(For women) Pain during, or inability to have, penetrative sex

An examination is required to rule out any dermatology, gynaecology or urology conditions that will need treatment prior to a psychosexual therapy referral.

