

Sexual Health and HIV

Connexions One Stop Shop (opposite ESK)

Provides free, confidential advice and support for young people aged 11-25 on sexual health and mental health issues. Offering free contraception, pregnancy testing and support with relationship issues.

Opening times: Mon-Fri 3-6 Sat 2-5

For more Information contact Health Project Manager on 01424 446302

XTRAX Young People's Centre-Havelock Road

Xtrax offers a drop-in service for young people aged 16-25, where in a safe warm environment they can access a wide range of support and social activities, including sexual health, affordable meals, showers and laundry room facilities.

For more information contact Andrew Batsford: 01424 722524

Hastings Ore Clinic-Old London Road

Family planning, contraception, pregnancy tests, condoms, GUM, STI/HIV testing, pre and post counselling. Termination consultation and counselling. Psychosexual clinic. Hastings and Bexhill sexual health department, Ore Clinic, 407 Old London Road, Hastings.

For more info contact 01424 448410.

Hastings Arthur Blackman Clinic-Battle Road.

Drop-in service for family planning, pregnancy testing, contraception and referrals for abortion.

Arthur Blackman Clinic, Battle Road, Hastings, 01424 851225.

British Pregnancy Advisory Service Action Line-08457 30 40 30

Information and advice on where to access support on unplanned pregnancies. BPAS are specialist providers in abortion and contraception services. The BPAS Action line is open seven days a week.

For an appointment call 08457 30 40 30.

Terence Higgins Trust HIV Support Group

THT are based in Eastbourne and offer services across East Sussex.

Social Group - meets every third Thursday of the month in Eastbourne. Everyone living with HIV is welcome.

Positive Grants - grants of up to £400 are available to people living with HIV in East Sussex. The grants can be used to help someone improve their wellbeing or job prospects by paying for a college course etc.

Health Coach - 1:1 sessions are available to support people living with HIV to address issues such as adherence to treatment, emotional support etc.

Face to Face - 1:1 sessions are available to men who have sex with men to talk through all sexual health issues.

Sexual health information - posters, leaflets and booklets are available in different languages and include specific information written for African communities.

For any of these services contact us on 01323 649927, best to ring between 9.30 and 1pm. or email info.eastbourne@tht.org.uk

GLYSSN

Support group offering social and informal educational support for young people aged 11-25 who are gay, lesbian, bisexual, transgender or confused about their identity. Support groups runs in Hastings every second Wednesday of the month and Eastbourne the first and third Thursday of each month. For more information please contact Ewan Jenkins, 01323 649927.