

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

- **Christmas and New Year Opening Hours**
- **Ryecroft Clinic Changes**
- **Results Now Available Online via PHR**
- **Research from Brook: *Young People, Social Media and Decision-Making about Contraception***
- **Changes to Emergency Contraception from Pharmacies**
- **Translated Resources Reminder**
- **Coming Soon: HIV Testing Week**

Christmas and New Year Opening Hours

Our clinics and phone lines will be closed on the Bank Holidays during Christmas and New Year.

Clinics and phone lines will also be closing at 4pm on Christmas Eve and New Years Eve (*walk-in clinics at our Branston clinic are appointment only clinics on these dates, and our Shrewsbury walk-in will stop accepting patients at 3pm*).

We have more details on the [Christmas and New Year Opening Hours](#) page of our website, as well as a "[Help Out of Hours](#)" page, which signposts people to alternative services.



Ryecroft Clinic Changes

In October, our Ryecroft clinic in Newcastle-under-Lyme changed opening hours on a Tuesday to:

8:30am - 12:30pm: All ages walk-in

1:30pm - 4pm: Under 18s walk in



This clinic remains a contraception only clinic, with a

booked appointment clinic on Thursdays.

Find the latest opening times on all clinics on our website www.openclinic.org.uk/clinics

Results Now Available Online via PHR

Results from STI testing at our services are now available online, via a patient's Personal Health Record (PHR).

Please remind patients that the email address and phone number they provide during registration will be linked to their patient record, so they **must be their personal contact details** and not those of a friend or family member.



People can sign up for a PHR account on the [PHR page](#) of our website.

Research from Brook: Young People, Social Media and Decision-Making about Contraception

Given current concerns about decreasing uptake of effective hormonal contraception there has been significant interest from the health sector in better understanding barriers to, and facilitators of, informed contraceptive decision-making.

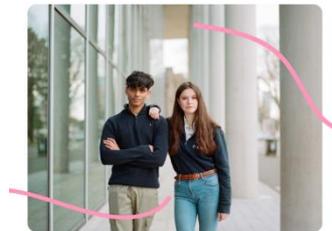
In this context, the Open University and Brook worked in partnership to interrogate in more detail young people's trust in different sources of information and how these might influence their contraception decision-making.

This research, which was released during Sexual Health Week this year, includes how young people assess the reliability of information, how young people prefer to receive contraception information, and recommendations for professionals and young people.

[Read Brook's research here.](#)

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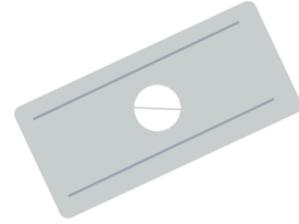
The Open University



**CONTRACEPTION DECISION-
MAKING: HOW YOUNG PEOPLE
NAVIGATE AND VALUE DIVERSE
INFORMATION SOURCES**

Changes to Emergency Contraception from Pharmacies

More pharmacies will be offering free emergency contraception, following changes made across the country by the NHS.



Pharmacies are working hard to start this, but this may not be something they can offer straight away.

If you're signposting someone to a pharmacy, please advise them to call the pharmacy before visiting, to see if this is something they're able to offer yet.

People can continue to access free emergency contraception from [sexual health clinics](#).

Translated Resources Reminder

We have developed a translated sexual health resource, with an overview of STIs, contraception, emergency contraception, consent and C-Card.



Languages include Albanian, Arabic, Bengali, Chinese (Hong Kong), Dari, French, Gujarati, Hindi, Kurdish, Polish, Punjabi, Slovak, Somali, Tigrinya, Ukrainian and Vietnamese.

Take a look at them and download a copy on the [Resources section of our website](#).

We also have a translate feature available on our website, allowing users to translate the information on our website to a wide variety of languages.

Coming Soon: HIV Testing Week

HIV Testing Week takes place every February and is expected to take place 9th-15th February 2026.

We will send out a mailer closer to the time, promoting the national campaign as well as local sexual health service information, so keep an eye out!



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.

**Sexual Health Services in
Stoke-on-Trent, Staffordshire, Shropshire and Telford & Wrekin**

www.openclinic.org.uk



For more information on anything within this newsletter, if you'd like to see anything included, or to stop receiving sexual health service updates, please email SexualHealthComms@mpft.nhs.uk