

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

- Sexual Health Week 2026
- New C-Card Online Registration Form for Professionals
- Clinic Walk-through Videos
- Resource Hub for Education Venues
- New Shropshire C-Card Email Address
- Coming Soon: Contraception Mythbusting Campaign
- Reminder: Extended Licence for Contraceptive Implant

Sexual Health Week 2026

This year's Sexual Health Week runs from 14th-20th September, and the theme is "Let's Connect".

The annual week, which is led by sexual health charity Brook, aims to champion human connection across platonic, romantic and sexual relationships.

Throughout the week, Brook will be exploring what it means to feel connected to our own bodies, emotions and needs, as well as discussing the importance of community in tackling stigma, abuse and health inequalities.

Events during the week include Brook's Big RSE Lesson and a free webinar. You can find more information and download resources at brook.org.uk/shw.

We will be sharing Brook's content, as well as linking in local services on our social media channels throughout the week, so please feel free to like, share and comment!

Facebook - [Open Clinic NHS](#)

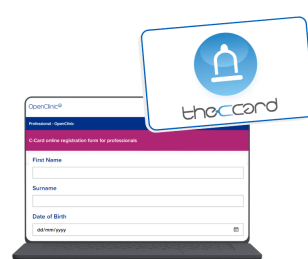
Instagram - [@openclinicnhs](#)



New C-Card Online Registration Form for Professionals

We have now launched our online C-Card registration form that professionals can complete when signing someone up for a C-Card.

The patient information is submitted to us, so you don't need to worry about sending in any paperwork (*note: this only applies to registrations, not additional distributions*).



We hope this online option will make registrations easier for professionals signing people up in a 1:1 setting by a computer.

You can find the form on the [C-Card for Professionals page](#) of our website.

Resource Hub for Education Venues

We now have a dedicated resource hub for education venues on our website.

The aim of this page is to ensure our local education venues have relevant and engaging content to signpost young people to sexual health services, and improve their knowledge of sexual health.



The new section includes:

- Downloadable videos featuring our Sexual Health Promotion Team (who run the C-Card scheme and drop-ins at education venues) which we encourage organisations to share on social media
- Social media images and supporting written content
- Written information about our services for use in newsletters, websites and portals
- TV screens promoting drop-ins at your venue.

Although this is aimed at education venues, any local professionals are welcome to use our content.

Take a look at the [Education Venues - Resource Hub page](#) on our website.

Clinic Walk-through Videos

We have new clinic walk-through videos for our hub clinics, showing people what the clinic looks like from the outside, where to go when they enter the building and what to expect when they get there.

The clinics we currently have videos for are:

- [Bishton Court, Telford](#)
- [Branston](#)
- [Cobridge](#)
- [Severn Fields, Shrewsbury](#)
- [Stafford](#)

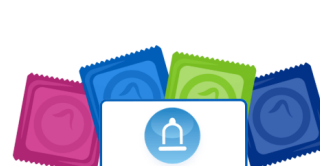
(you can watch the videos on the linked clinic webpages)

The videos have already received positive feedback from service users, with them saying that it decreased their anxiety around attending, so if you're signposting someone to our clinics, let them know about the videos!



New Email Address for Shropshire C-Card

Our C-Card Team in Shropshire have a new email address. Please send any paperwork or order requests to: Shropshire.Prevention@mpft.nhs.uk



Thank you!

Coming Soon: Contraception Mythbusting Campaign

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: 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.



These extensions apply to implants that have already been fitted. 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 implants earlier than the new lifespans.

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: Shropshire.Prevention@mpft.nhs.uk

Telford: Telford.Prevention@mpft.nhs.uk

Don't forget - you can now complete C-Card registrations online, where the paperwork is submitted directly to us, see details in the above article.

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