



Chalmers Update – Access to Lothian Sexual and Reproductive Health Services

We continue to make efforts to facilitate access to our service. Since our last GP update, in December 2021, we are pleased to inform you that our main local clinic in Howden, West Lothian, is now open. And the HR+ service for young people has increased its capacity considerably, with daily drop-in clinics at Chalmers. For detailed information, please visit our website: www.lothiansexualhealth.scot

Access for Self Referral

1. Online booking: www.lothiansexualhealth.scot/book-an-appointment/ or
2. Phone reception: 0131 536 1070

- Appointments can be made directly by reception (mainly for LARC methods and STI testing) or for phone consultations for further clinical assessment.
- Patients who require them can then be booked for F2F appointments at our GUM or SRH clinics at Chalmers or to any of our Local Clinics.

STI Testing

- Patients without symptoms can be directed to order a Home Sampling Kit (for Gonorrhoea, Chlamydia, Syphilis and HIV) by phone. Our new service for online booking or ordering by phone HSK is starting in the next few weeks.

Referral pathways for professionals

1. **SCI gateway** – Ref help: <https://apps.nhslothian.scot/refhelp/SexualReproHealth>
We continue to triage referrals and book the majority of patients to be seen face to face in our specialist clinics (GUM, SRH, Gynaecology, Complex Contraception, Menopause, Gender, Psychosexual Medicine, Vasectomy)
2. **For positive STI tests:** phone directly to our Health Advisors (0131 536 2108)
3. **For clinical enquiries:** email chalmers.clinicaladv@nhslothian.scot.nhs.uk
Chalmers.ClinAdv@nhslothian.scot.nhs.uk

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Young People: www.lothiansexualhealth.scot/young-people/healthy-respect-2/

There are currently 2 HR+ drop-in clinics for 13 – 18 year olds:

- HR+ Drop-in @Chalmers: Monday to Thursday 3.30pm to 7pm & Friday 1pm – 3.30pm
- 18 Croft Street Dalkeith on Tuesday 4pm – 7.30pm and Friday afternoon 1pm to 4pm

We are working towards a dedicated YP clinic on a Friday afternoon at Howden and also a more accessible service for young people at Tranent.

The Healthy Respect team continues to use innovative ways of reaching young people. A mobile clinic (“The Bus”) is used to visit local areas to provide sexual health promotion and clinical services. A new service (1:1) for YP is opening in Livingston outlet service sometime in 2022.

Services for Men who have Sex with Men (MSM/ROAM)

www.lothiansexualhealth.scot/men-who-have-sex-with-men/

- To book call ROAM team 07774 628 227
- Leith Links Monday evenings
- Pennywell All Care Centre Tuesday mornings
- Craigmillar Medical Practice Thursday mornings
- The Pound Sauna - Tuesday evenings
- The bus” Tues and Wed afternoon and evenings at variable locations (Regent Road, Silverknowes, West Lothian)

Choices (Abortion Service): www.lothiansexualhealth.scot/pregnancy-planning/

Women can self refer to the abortion service by calling 0131 536 2454 Mon-Fri 9-3pm. The next available consultation appointment is offered (currently a phone consultation).

Early Medical Abortion at Home (EMAH) is an option for most women up until 12 weeks of pregnancy.

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Pre – exposure Prophylaxis for HIV (PrEP) www.lothiansexualhealth.scot/prep-2/prep/

Our PrEP team coordinate new and review appointments for this important part of the service. These can be accessed by patients via online booking and phoning reception for phone GUM consultations, by internal referral of people attending the service and deemed at high risk of HIV acquisition or by SCI gateway referral.

www.lothiansexualhealth.scot/prep-2/prep/nhs-lothian-prep-information-videos/

Local Clinics <https://www.lothiansexualhealth.scot/clinics-2/>

Our local clinics are available for those who cannot access the mainstream service. We are making efforts to link with other services, including the 3rd sector, to improve access to the most vulnerable.

East Lothian

- Tranent - Tuesday afternoon

Edinburgh City

- Craigmillar – Thursday morning
- Dalkeith – Friday morning
- Pennywell – Tuesday morning and Friday afternoon
- Wester Hailes (joined with Addictions and BBV Services) – Tuesday afternoon

West Lothian

- Howden – Tuesday afternoon & evening; Thursday morning and afternoon; Friday morning and afternoon
- Whitburn – Wednesday morning

Our clinic in Howden, Livingston, is now open. A new reception has been created and we are working on improving signage for our service in collaboration with the practice and community services. The service will operate 3 days a week: Tuesday, Thursday and Friday. The level of care provided in Howden includes complex contraception and management of symptomatic STI, HIV and PrEP.

Appointments for face to face consultations are made directly from Reception (mainly for LARC methods) or following a phone consultation from Chalmers.

Please note that there are no drop-in (or walk-in) clinics.

Appointments can be booked by self referral - online booking for phone consultations: www.lothiansexualhealth.scot/book-an-appointment/ - or professional referral pathways as above.

Patients needing a face to face appointment could be booked in their local area.

Condom provision: www.ccard.org.uk/free-condoms-by-post/

HOW TO CONTACT US

Phone: 0131 536 1070 (press 9)

Medical station (to speak directly to senior nurse/SRH or GUM& HIV medical senior:
0131 536 1052

SCI gateway referrals

Clinical advice email: Chalmers.ClinicalAdv@nhslothian.scot.nhs.uk (48 hour turnaround)

Gender Clinic Advice: GIC@nhslothian.scot.nhs.uk

Health Adviser phone: 0131 536 2108

HIV team phone: 07580 852 672