



London Borough of Enfield
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020 8379 1000

North Middlesex University Hospital NHS Trust
Integrated Sexual Health Services
Enfield, London
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020 8887 4510

Dear Service User,

Please note that from the 1st October 2016 Enfield Integrated Sexual Health Services will introduce a new model of care for contraception in the Borough.

These changes will only affect you if you are 19 year or older.

Screening and treatment of sexually transmitted infections (STI) and genital conditions will continue for all ages.

In November 2015, Enfield Council awarded North Middlesex University Hospital NHS Trust the contract to provide a newly-configured integrated sexual health service in Enfield.

Until now, our Integrated Sexual Health Service has seen all female patients requesting pills, patches, injections and LARC (long acting reversible contraceptive method, i.e. IUD coil and implant). However from the 1st October 2016 this will change.

Enfield Council and North Middlesex have redesigned our sexual health service model to improve access for all residents. The clinics will deliver a more sexual health focussed service. The first point of call for contraception will be the Borough's GPs and Pharmacies (Emergency Hormonal Contraception). North Middlesex will continue to provide **specialist** contraception only.

If you are registered with an Enfield GP and want to get oral contraception, ask your GP for an appointment. If you haven't been able to get a GP appointment and attend our service, we will give you an emergency supply only, and refer you back to your GP.

Many GP practices are also offering other methods of contraception, and your GP can refer to their colleague where appropriate.

The GP can still refer you to our service for **specialist** contraception. We will be happy to see you with a referral letter, indicating the reason why you need to come to us rather than to a GP colleague.

If you are not registered with a GP, we will give you an emergency supply and sign-post you to a GP practice where possible.

Do you live outside of Enfield? If you are resident outside of Enfield and you need contraception only, please see your GP, or your local integrated sexual and reproductive health service. **We will be happy to see you for all your sexual health needs.**

From 1st October 2016, our service will only see females for contraception if they are an Enfield resident and **one of the following conditions is met:**

- They are 18 years or younger and will be seen as part of our 4YP (Young people's service)
- They need a sexual health screening and/or treatment
- They are not currently registered with an Enfield GP practice
- They are a vulnerable adult with social worker involvement
- They are referred back to us by a GP for **specialist** contraceptive treatment

We are working closely with Enfield GPs to support them to deliver LARC contraception. We have already trained many GPs in LARC and will continue to do so.

The Integrated Sexual Health Service will offer LARC procedures to those whose GP is not contracted to deliver the service, on referral from their GP. Oral contraception will only be offered to those not registered with a GP or given emergency provision for those unable to obtain an appointment with their GP on time.

The proposed changes are designed to maximise a fair and widespread approach to sexual and reproductive health care throughout the Borough.

These changes to the model of care will be reviewed by North Middlesex NHS Trust and Enfield Council in April 2017.

If you would like to discuss this further with us, we will be happy to explain the new model of care in more detail – write to northmid.enfieldclinics@nhs.net with 'contraception' in the subject line.

Yours sincerely,

Luke Byrne

Dr Achim Schwenk

Christine Williams

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Integrated Sexual Health

Clinical Director for
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Sexual Health Commissioner
Enfield Council

North Middlesex University Hospital NHS Trust