

Garden Clinic

Sexual Health Service newsletter

Issue 1 (July 2026)

Garden Clinic provides free, confidential services for people of all ages, including:

- Testing for STIs and HIV (home testing kits can also be ordered online)
- Treatment for STIs
- Ongoing care for people living with HIV
- Contraception, including emergency contraception
- Psychosexual counselling (available through GP referral)
- Vaccinations for human papilloma virus (HPV), mpox, and hepatitis A and B
- Pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) for HIV prevention, including long-acting injectable PrEP (cabotegravir)



Clinic locations

- Upton Hospital, Slough (open Monday to Friday)
- Skimped Hill Health Centre, Bracknell (open Monday, Wednesday, and Thursday)
- St Marks Hospital, Maidenhead (open Tuesday and Friday)

New walk-in clinics

We now hold walk-in clinics **for all ages** at **Upton Hospital:**

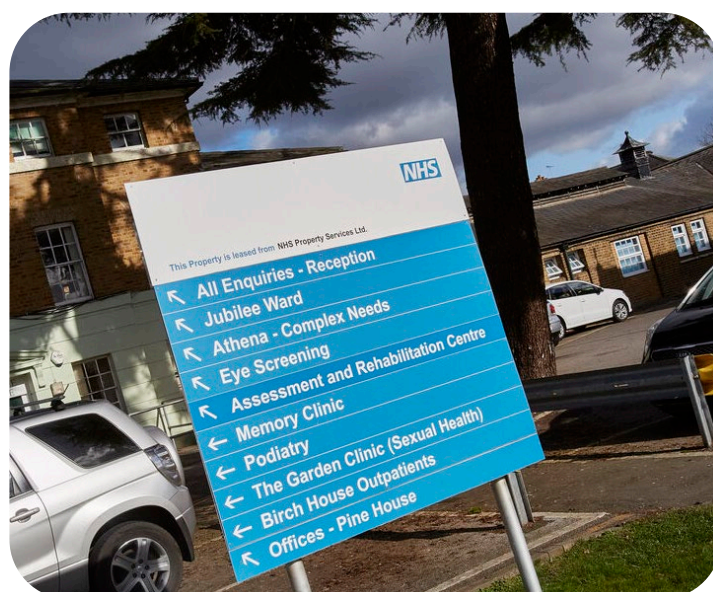
<https://youtu.be/sOgpGfbXT7U>

- Monday, 12.15pm – 6.30pm
- Friday, 8.45am – 3pm

The young persons clinic **for under-18s** at Upton Hospital will still be running on Wednesdays, 3.30pm – 5.30pm.

A walk-in clinic **for all ages** also runs at **Skimped Hill Health Centre** on Wednesdays, 8.30am – 11.30am, and a young person's clinic runs there on Thursdays, 3.30pm – 5.30pm.

<https://youtu.be/uXfT2bdhwaQ>



Clinical updates

Subdermal implant

The licensed duration of the contraceptive implant (Nexplanon®) is now up to five years.

Read more at www.cosrh.org

Contraception safety updates

The UK Medical Eligibility Criteria (UKMEC) has updated guidance on the safety of contraceptive methods for individuals with specific medical conditions or characteristics..

Download the 'Summary of key changes for 2025' document from www.cosrh.org.

FSRH statement on ulipristal acetate and breastfeeding

No interruption of breastfeeding is necessary following a single dose of ulipristal acetate when given for emergency contraception.

Read more at www.cosrh.org

2024 UK STI statistics: A snapshot

Among people in England, there were 364,750 new STI diagnoses in 2024, an **8.8% decrease** from 399,947 in 2023.

The diagnosis rates of STIs remain greatest in young people aged 15 to 24 years, gay, bisexual, and other men who have sex with men (GBMSM), and some minority ethnic groups.



- Infectious syphilis diagnoses increased 1.7% from 9,375 in 2023 to 9,535 in 2024; **considering all syphilis diagnoses**, including late stage or complications such as ocular and Ootosyphilis, **diagnoses increased 4.6%** from 12,456 in 2023 to 13,030 in 2024.
- **Gonorrhoea diagnoses decreased 15.9%** from 85,370 in 2023 to 71,802 in 2024.
- **Chlamydia diagnoses decreased 13%** from 194,143 diagnoses in 2023 to 168,889 diagnoses in 2024.
- **First episode genital warts decreased 4.3%** from 26,193 in 2023 to 25,056 diagnoses in 2024.

Read more at www.gov.uk

Training and education

We provide training and education for:

- STI competencies: (intermediate/advanced) , [STI Foundation](#)
- Contraception competencies (DCSRH, LoC in IUT, and SDI) [CoSRH Qualifications | CoSRH](#)
- Refresher sessions for LARC procedures
- Taster sessions for trainees/students

Sexual health update

When: Wednesday 9 September, 2 – 3pm

Where: Online via Teams

<https://teams.microsoft.com/meet/380757158092617?p=EsKeHWKc5DCyCHfFKc>

Meeting ID: 380 757 158 092 617

Passcode: az2kd6Xo



Contact us



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Scan me

Please see enclosed with this newsletter our latest patient leaflets and waiting room posters.



berkshirehealthcare.nhs.uk/sexual-health