

Contraception & Sexual Health services in NL & NEL

Greater Lincolnshire Integrated Sexual Health (GLISH) offers accessible routes into their sexual health services. Services are available within NL & NEL sites across various days and times of the week. They offer multiple services including Condoms, Contraception (oral, transdermal, injectables and long-acting reversible contraception), Free advice, Pregnancy and STI testing and Psychosexual counselling. Use the QR codes below to navigate to useful pages on their website.

To book an appointment



Unplanned pregnancy & TOP information



Sexual Health Clinic details



Greater Lincolnshire Integrated Sexual Health provide free condoms to everyone, no matter your age or gender. Call them on [01522 309309](tel:01522309309). The **C-Card Scheme** provides free condoms, lube and sexual health information to 13 – 19* years olds. (*Up to 25 for inclusion of those with learning disabilities).

Freeandclear offers free of charge home STI test kits for ages 15 and over living in Lincolnshire. For individuals under 15 years of age, kits are available directly from clinic sites.

Free condoms & C-Card Scheme registration



Psychosexual counselling



freeandclear Home STI testing



Coil Fitting Services for Contraception

GLISH are commissioned to fit coils for **contraception purposes only**, and not for the management of heavy menstrual bleeding or as part of **hormone replacement therapy (HRT)**.

Your doctor may be asked to request a uterine ultrasound or biopsy prior to insertion, especially if you are over 45 years old and have heavy bleeding. This is to check that there is no medical reason why it would not be safe to fit a coil in a community clinic. Use the QR code to access the pre-consultation form.

