

# Sexual and reproductive health strategy 2025 - 2030

Our ideas about what to put in our  
new plan

**Tell us what you think**





## How to use this booklet

In this booklet we tell you about our ideas for our plan.



Then we ask you some questions about each idea.



This is a really long booklet. There is a lot of information in it.



You do not have to read this booklet all at once.

You can take a break or just read about the part you want to know more about.

# What is in this booklet

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**Page 1** About sexual and reproductive health

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**Page 4** About our plan

---



**Page 7** Tell us what you think

---



**Page 9** About you

---



**Page 10** Our vision

---



**Page 12** Our goals

---



**Page 15** Area 1: Pregnancy, childbirth and the first 6 weeks after a baby is born

---



**Page 19** Area 2: Giving people good information

---

# What is in this booklet

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**Page 24** Area 3: Contraception

---



**Page 28** Area 4: Gender based violence

---



**Page 34** Area 5: Fertility services and reproductive care

---



**Page 38** Area 6: Stopping people from getting infections or HIV

---



**Page 43** Area 7: Abortion care

---



**Page 47** Area 8: Problems having sex

---



**Page 53** Questions about you

---



# About sexual and reproductive health



**Sexual health** is about keeping safe and healthy before and when you have sex.

It means understanding things like:



- Information you are given about sex.



- It is your choice. You must want to have sex with a person and say yes.



- How to have safe sex and stop yourself from getting infections.



- What a healthy relationship looks like.



**Reproductive health** is about whether a person gets pregnant or not.

It means you understand about things like:



- **Contraception.** This is things you can use to stop you getting pregnant.

Things like condoms or a tablet. Condoms can also help to stop you from getting infections.



- **Abortion.** This is when you are pregnant and you see a doctor to help you stop being pregnant.



- **Periods and menopause.** A **period** is when a person bleeds every month from their vagina.



The **menopause** is when a female body goes through a change.

Things that happen at this time include:



- Feeling really tired.



- Finding it hard to remember things.



- Feeling really hot.



At the end of this change, you don't have periods any more.



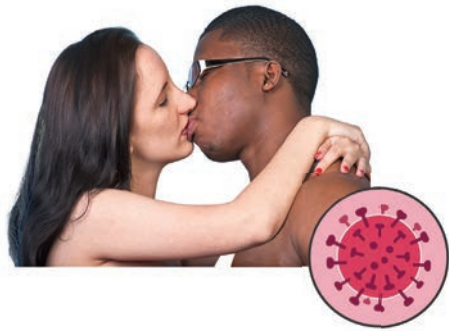
Good sexual and reproductive health can help people to be happy and healthy in their lives.

## About our plan



Sexual and reproductive health can affect people of all ages.

Poor sexual and reproductive health can lead to:



- **Sexually transmitted infections.** We call these **STIs** for short.

**STIs** are infections that can be passed on through having sexual contact with someone.



- People getting pregnant when they don't want to be.



- **Sexual abuse** or violence. **Sexual abuse** is when people make you do sexual things that you do not want to do.



We know some people have less chances to have good sexual health than others. This might be:



- Young people.



- People who are **LGBTQ+**. **LGBTQ+** means Lesbian, Gay, Bisexual, Trans, Queer and the + sign means other.

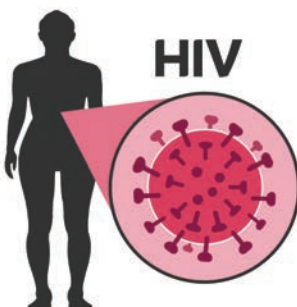


- People who don't have enough money to live.



- People who are from **Ethnic minority communities**.

**Ethnic minorities** are people from different groups or backgrounds. This might be Asian, Chinese, Black, Roma or Irish traveller.



- People who are living with **HIV**. **HIV** is a serious virus. It can stop your body from fighting infections or diseases.



We are going to write a new plan about our sexual health and reproductive services.



The plan will say how we will make our services better.



It will say what we want to do over the next 5 years.



Our plan will help everyone in our areas to be safe and healthy.

## Tell us what you think



We are already doing a lot of work with services so they can help more people.



We have spoken to lots of people in our areas. They have helped us to come up with some new ideas about things we might want to put in our plan.



We are asking people in Richmond and Wandsworth what they think about the ideas.



This will help us to make sure we give people services they want and need.



Please read about our ideas for our plan and then tell us what you think.



You need to send your answers back to us by **Friday 25th October 2024**.



You can put your answers on this survey. Click on the box you want to write in.

You need to save this survey with your answers to your computer first.



Then you can email your answers back to us.



You can also just send us an email with your answers written in it.



**Email:**  
**consultation@richmondandwandsworth.gov.uk**

# About you

**Question 1:** Tell us why you are filling in this survey. This might be because you:

**Please tick 1 box**



- Live in Richmond.
- Live in Wandsworth.
- Work or go to school or college in Richmond.
- Work or go to school or college in Wandsworth.
- Come to Richmond to do things like shopping or meeting friends.
- Come to Wandsworth to do things like shopping or meeting friends.
- Other. Please tell us here:





## Our vision

Our **vision** is what we want to see happen in the future.



We want everyone in our areas to have good sexual and reproductive health. This will help people to feel happier and healthier.

Our vision is to:



- Give people good information. This will help people to make better choices about their health.



- Help the people who need it most first. This will make sure more people get the help they need.



- Make sure our services are fair and easy for everyone to use.



- Stop people getting HIV in our areas.



**Question 2:** Tell us what you think about our vision. This could be things you like, don't like or want to change. Please tell us here:

## Our goals



Goals are things we want to do. There are 6 important things we want to do in our plan:



1. Give people better information about sexual and reproductive health.



2. Get better at finding out if someone has an infection or HIV. This means we can get the person the treatment they need quicker.



3. Try to stop HIV from happening.



4. Support people to:

- Have more choice about contraception

and



- Have tests for health conditions that affect the parts of the body you use when you get pregnant.



5. Help people to understand that sexual health can affect how they feel.



6. In Richmond we want to help more people go to services about their sexual health.



In Wandsworth we need to do more work on child sexual abuse. And we will look at how this affects children health when they are older.



**Question 3:** Tell us what you think about our goals. This could be things you like, don't like or want to change. Please tell us here:



## Area 1: Pregnancy, childbirth and the first 6 weeks after a baby is born



**Childbirth** means when you are having your baby. It is also called **giving birth**.



Pregnancy, childbirth and the first 6 weeks of life are really important times for women and their babies.

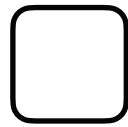


**Question 4:** Here are some things we want to work on. Tell us which things are the most important for us to do. **You can tick 3 boxes**

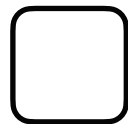


Look into having more home visits for new mothers and their babies.

This is when healthcare staff come and see you in your home.



Do more work to support people who become fathers at a young age.

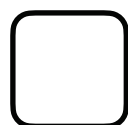


Use money from the government to make our **pelvic floor** services better.

Your **pelvic floor** is the muscles around your bladder, vagina and bottom.



These muscles can get weak when you are pregnant or after giving birth. This might mean you have problems holding your wee or poo.



Make sure people who support **looked after children** have training about sex and relationships.



**Looked after children** are children who do not live with their mum or dad.

They are looked after by other people or local council services.



Work with schools and colleges to try to stop young people from getting pregnant.

This might be things like giving them condoms.



Set up a list on our website for all of our sexual and reproductive health services.



Give nurses and **midwives** training to support adults with learning disabilities.



**Midwives** are people who are trained to look after pregnant women and their babies.



Talk to new parents about healthy and safe sex.



Give better support to women who have a baby that sadly died before they were born.



**Question 5:** Is there anything you want to tell us about our ideas for Area 1? Please tell us here:

## Area 2: Giving people good information



**Question 6:** Here are some things we want to work on. Tell us which things are the most important for us to do.

**You can tick 3 boxes**



Make sure more teachers and people who work with young people have training about sex and relationships.



Give information about sex and relationships to young people who:

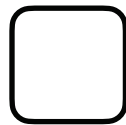
- Have mental health problems

or

- Are in trouble with the law.

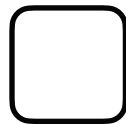






Hold a **conference** about sex, relationships and young people.

A **conference** is a big event where people come to share information.

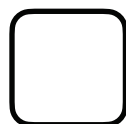


Tell young people about a website called **getting it on**.

The website has lots of information about sexual health and mental health.

**Website:**

**[www.gettingiton.org.uk](http://www.gettingiton.org.uk)**



Tell people with learning disabilities, their families and carers about our services.



- Give training about sexual health to parents of children with **SEND**.

**SEND** is short for **Special Educational Needs and Disabilities**.

Children with SEND need extra support to learn.



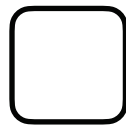
- Support people with learning disabilities to properly use things like:

- Condoms for having sex

or

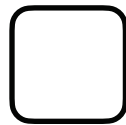
- Pads and tampons for periods.



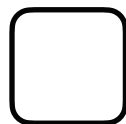


Give better training about healthy relationships to teachers in special schools.

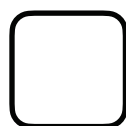
These are schools that teach children who have extra support needs.



Set up new training for healthcare staff to help them talk to patients about sexual health.



Set up health champion roles for sexual health. These are people who speak out about good sexual health.



Train healthcare staff to help them understand different people's backgrounds and ways of life.



Make sure more people can afford to buy pads and tampons for periods.



Give people information about the menopause.



Give information and support to older people around sexual health.



**Question 7:** Is there anything you want to tell us about our ideas for Area 2? Please tell us here:



**Question 8:** Here are some things we want to work on. Tell us which things are the most important for us to do.

**You can tick 3 boxes**



Open a new contraception service in our local pharmacies.



Make sure people in our areas can use the online contraception service for London.



Make sure all our pharmacies offer emergency contraception.

This is a tablet you can take after you have had sex to stop you getting pregnant.





- Make sure more people can have the **implant**. The **implant** is medicine that helps to stop you from getting pregnant.



The medicine comes in a small stick. A doctor puts the stick under your skin in your upper arm.

The stick lets out the medicine slowly over time.



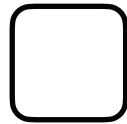
- Make sure people can get the implant from any doctors surgery in our areas.



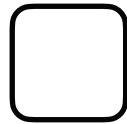
- Make sure contraception services are easy to use.



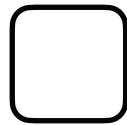
- Make sure everyone can have a choice about contraception.



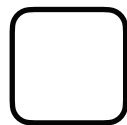
Set up a new contraception clinic in the mental health service in Wandsworth.



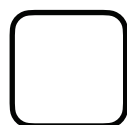
Make sure more young people can get a **condom card**. You can use this card in some shops or pharmacies to get condoms for free.



Make sure more homeless people can get help and advice about contraception.



Make sure more young people aged 16 and older can get help and advice about contraception.



Make sure all our services give the same clear advice about contraception.



**Question 9:** Is there anything you want to tell us about our ideas for Area 3? Please tell us here:

## Area 4: Gender based violence



**Gender based violence** is violence against people because of their gender.



Your **gender** is how you see yourself. You might see yourself as male, female or neither.



Gender based violence can also be violence against people because of who they fancy.



This might be men who fancy other men or women who fancy other women.



**Question 10:** Here are some things we want to work on. Tell us which things are the most important for us to do.

**You can tick 3 boxes**



Give parents and carers advice and information about healthy relationships and keeping safe.

This will help them to support their children well.

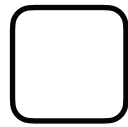


Give information and training to staff in Wandsworth about supporting children who might be sexually abused.

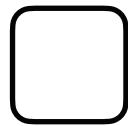


Make sure there are safe places for young people to go if they are in danger.

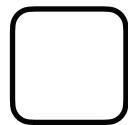




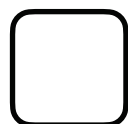
Support children and young people around gender based violence.



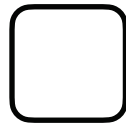
Make sure healthcare staff know how to spot signs of gender based violence and abuse.



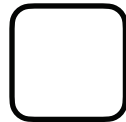
Give advice and information to people in our areas about healthy relationships.



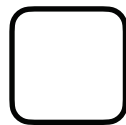
Give training to healthcare staff about how to support **sex workers**. A **sex worker** is someone who is paid to have sex.



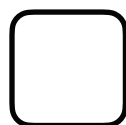
Support sex workers to help keep them safe from violence and abuse.



Give training about healthy relationships to parents and carers of people with learning disabilities.



Give training to healthcare staff about how to support people with learning disabilities.



Give training to healthcare staff about how to support **refugees and asylum seekers.**

**Refugees or asylum seekers** are people who have had to leave the country they live in.



The country where they live is not safe for them.



Give training for staff in hotels to spot signs of exploitation.

This when someone pretends to like you so they can use you for sex.



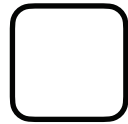
Give support around gender based violence to people who are homeless.



Give information and training around gender based violence to boys and young men.



Work together with different religious groups around gender based violence.



Give extra support around gender based violence to some groups of people.

This might be people who are LGBTQ+ or people from gypsy, Roma and traveller communities.



**Question 11:** Is there anything you want to tell us about our ideas for Area 4? Please tell us here:

## Area 5: Fertility services and reproductive care



**Fertility services** are for people who want to have a baby but need some help.



**Reproductive care** looks at the parts of the body that people use when they get pregnant.

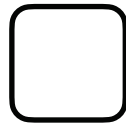
Things like a vagina and womb in women and penis and testicles in men.



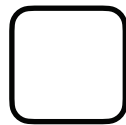
**Question 12:** Here are some things we want to work on. Tell us which things are the most important for us to do.

**You can tick 3 boxes**





Tell people about problems that people can have when they try to get pregnant.



Set up a health hub for women. This is a service that supports women's health and how they feel.

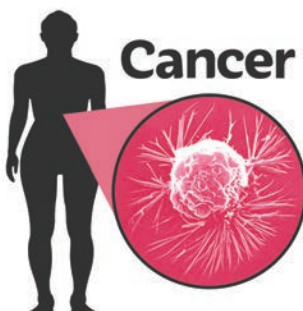


It gives advice and information about things like:

- Problems with periods.



- Contraception.



- Tests to check if a person has cervical cancer.



Work together with women's health hubs and **family hubs**.

**Family hubs** are services that give extra support and information to families who need it.



Give more support to people who want to have a baby but need some help.



Give training to healthcare staff to help them understand different people's backgrounds and ways of life.



Give more support to people who are going through the menopause.



Let people know that services are open to everyone.

We would really like more people from ethnic minorities to use the service if they want to.



**Question 13:** Is there anything you want to tell us about our ideas for Area 5? Please tell us here:

## Area 6: Stopping people from getting infections or HIV



**Question 14:** Here are some things we want to work on. Tell us which things are the most important for us to do.

**You can tick 3 boxes**



Make sure more young people can use sexual health services.

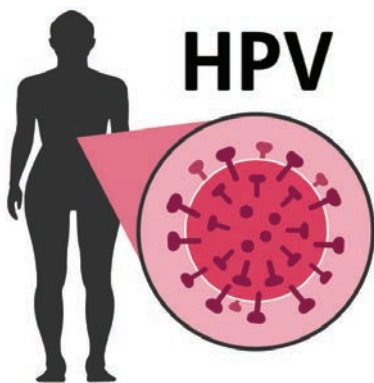


Work with schools and colleges to support young people with their sexual health.

Things like giving out condoms, testing for pregnancy and giving information and advice.



Make sure more people are offered the **HPV vaccine**. This is medicine you can get in an injection to stop you from getting **HPV**.



**HPV** is a virus you can get from touching someone's **private parts**. **Private parts** are things like your penis, vagina or anus.

**HPV** can cause some cancers.



Make sure parents understand how important it is for young people to have the HPV vaccine.

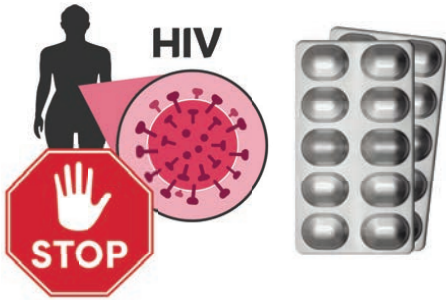


Tell more people about our sexual health service and what it does.





Help more people in Richmond use our sexual health services.



Make sure more people can get medicine that can stop them from getting HIV.



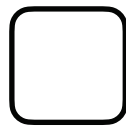
Make sure more people can get tested for HIV.



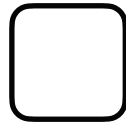
Use **QR codes** to tell more people about sexual health services. This might be in private places like public toilets.



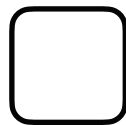
A **QR code** is a code you can scan on a smart phone. You can click a button on the screen to go to a website.



Make it easier for young disabled people to use our sexual health services.



Set up a **hot clinic** about sexual health. This is a clinic that gives advice to people who use drugs or are homeless.



Put together an information pack about sexual health for some groups of people. This might be:



- People who are homeless.

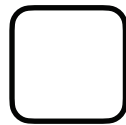
- People who use drugs.



- People with a learning disability.



- Asylum seekers.

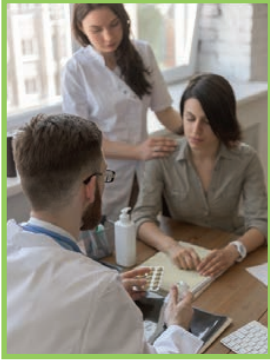


Give more training to healthcare staff to help them understand the sexual health needs of women who have sex with other women.



**Question 15:** Is there anything you want to tell us about our ideas for Area 6? Please tell us here:

## Area 7: Abortion care



**Abortion** is when you are pregnant and you see a doctor to help you stop being pregnant.



Having an abortion can be very upsetting. Some people may need to have **counselling** after an abortion.



**Counselling** is someone to talk to about your worries or how you are feeling.



**Question 16:** Here are some things we want to work on. Tell us which things are the most important for us to do.

**You can tick 3 boxes**



Give more support to people who have had an abortion. This includes people with learning disabilities.



Make sure we give people the right support for their **culture** and background.

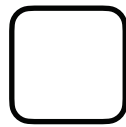
**Culture** is the things that lots of people like and do. Things like food, art, music and the way you dress.



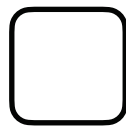
Give clear information about abortions to people with learning disabilities.

Things like what will happen and how long it will take.

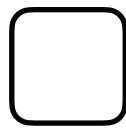




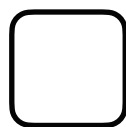
Make sure more people who have had an abortion can get counselling.



Give people more information about tablets you can take to end a pregnancy.



Give more information to men about abortion.

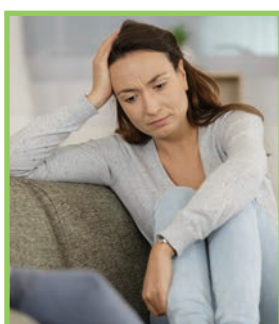


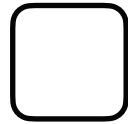
Work together to support families who have:

- Have been told their children cannot live with them anymore

and

- Had more than 2 abortions.





Make sure more people can get help with contraception.



**Question 17:** Is there anything you want to tell us about our ideas for Area 7? Please tell us here:

## Area 8: Problems having sex



Some people might find it hard to have sex. This might be because of things like:



- Their penis does not get hard enough to have sex.



- It is painful to have sex.



- The person does not feel like having sex anymore.



These things can be caused by illness, stress or getting older.



Problems having sex can be very upsetting for people.



It is important that people get the right treatment to help them.



Counselling can also help people to cope with any worries they might have around having sex.



**Question 18:** Here are some things we want to work on. Tell us which things are the most important for us to do.

**You can tick 3 boxes**



Offer counselling services in our women's health services.



Make sure more people in all of our areas can get counselling.



Give more training to healthcare staff around problems having sex.

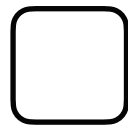


Tell more people about our services.

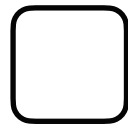


Make sure more people understand about our counselling service and what it does.

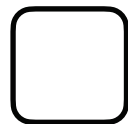




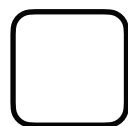
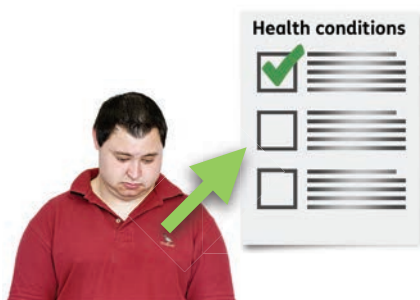
Make sure healthcare staff ask men about problems with their penises when they do health checks.



Include problems having sex and counselling on our website about our services.



Make sure our information is easy for people to understand.



Help people understand that there is a link between problems having sex and other health conditions.



Give healthcare staff better training to support older people with problems having sex.



Look into how being an **unpaid carer** affects peoples sexual health.

**Unpaid carers** mean family and friend carers who are not paid to care for people as part of their job.



**Question 19:** Is there anything you want to tell us about our ideas for Area 8? Please tell us here:



**Question 20:** Is there anything else we need to think about to put in our plan? Please tell us here:



## Questions about you

The next few questions ask you about you.



These questions make sure we are asking lots of different people what they think.



You do not have to answer the questions if you do not want to.



We will keep what you tell us confidential and private.

We will not be able to work out who you are from the answers that you give.



**Question 21:** What is your sex?

- Female       Male
- I don't want to say



**Question 22:** Is your gender now different to the one you were given when you were born?



Yes



No



I don't want to say



**Question 23:** How old are you?

- 19 and under       45 - 54
- 20 - 24       55 - 64
- 25 - 34       65 - 74
- 35 - 44       75 or older
- I don't want to say







**Question 24:** What is your **Sexual orientation?** **Sexual orientation** mostly means who you are attracted to.



I am a man who is attracted to women or a woman who is attracted to men.



I am man who is attracted to other men or I am a woman who is attracted to other women.



I am attracted to both men and women.



If you want to, you can tell us sexual orientation is:



I prefer not to say.



**Question 25:** What is your ethnicity? **Ethnicity** is your race, background and culture.



White



Mixed ethnic group



Asian or British Asian



Black , African, Caribbean or Black British



Other ethnic group, please tell us:



I don't want to say



**Question 26:** What is your religion or belief?

Buddhist

Jewish

Christian

Muslim

Hindu

Sikh

No religion

Other religion. Please tell us:

I don't want to say



**Question 27:** Do you have a disability?



Yes



No



I don't want to say