



Keep it safe 'n' sorted

# SEXUAL HEALTH & WELLBEING

# DROP-IN

For 13-19 year-olds in Hillingdon

KISS is a confidential sexual health and wellbeing service that provides advice and information on:

## Healthy Relationships

- Safe place to talk about relationships, as well as understanding consent and boundaries.
- Signposting for further support.

## Sexual health

- Information on where to access STI screenings - either at home or at a clinic.
- Advice on preventing STIs.

## Contraception

- Discuss different types of contraception available and how to access this.
- Access free condoms through the c-card scheme.
- Advice on where to find emergency contraception. \*We do not provide emergency contraception.

If you are under 25 and registered for the c-card scheme, you can access free condoms here.



## Pregnancy Testing

- Access free pregnancy testing.
- Information and support around options with pregnancy and preventing pregnancy.

## Sexuality and Identity

- Information on LGBT+ groups.
- Signposting to support services.



## WHERE TO FIND US

Drop in to see us every Thursday

Time: 3:15pm - 6pm

Uxbridge Family Hub  
Civic Centre  
High Street, Uxbridge  
UB8 1UW

Continue past the main entrance of the Civic Centre on the left-hand side towards the garden area, down the ramp and to the Uxbridge Family Hub.



## You can also find KISS at:

**The Wakley Centre**  
Grange Road,  
Hayes,  
UB3 2RR



**Mondays**  
**4pm - 6pm**

\*STI screening and emergency contraception available here



[shwb@hillington.gov.uk](mailto:shwb@hillington.gov.uk)