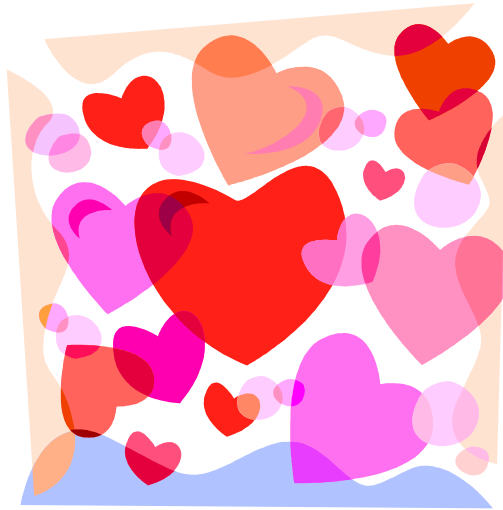




Disability Sheffield
The Centre for Independent Living

Disability Sheffield Information Service

Sexual Health Factsheet



Disability Sheffield Information Service,
The Circle, 33 Rockingham Lane, Sheffield S1 4FW
Tel (0114) 253 6750
E mail: info@disabilitysheffield.org.uk
Website: www.disabilitysheffield.org.uk

Disability Sheffield Centre for Independent Living Limited is a company limited by guarantee, registered in Cardiff No. 4639160 and is a registered Charity No. 1112712

Disability or illness can potentially impact any aspect of a person's sexuality. If you have a disability, you still have equal rights to a full sexual relationship and you should have just the same access to sex and relationships education, contraception and sexual health care as any other person.

Disabled people have the right from a human rights perspective to express their sexuality and access sexual health services. However a lack of privacy in your daily life, cultural prejudice, professional, parental and societal attitudes and lack of opportunity can often make accessing sexual health services and having sexual relationships more difficult.

If you find it difficult to discuss sex this factsheet may help you in your search for information and support.

Local and National Sexual Health Services

Sexual Health Sheffield is the new name for sexual health services in the City. It brings together what was previously known as the GUM Clinic and Sheffield Contraception and Sexual Health (SCaSH) into one integrated service. Sexual Health Sheffield has moved from its city centre base at Central Health Clinic on Mulberry Street to the Royal Hallamshire Hospital. This clinic is at 11a, B Road, Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF (formerly known as the Department of Genito-Urinary Medicine).

Sexual Health Sheffield continues to offer a welcoming and confidential service to people of all ages including pregnancy testing and advice, contraception choices and advice, and the screening and treatment of sexually transmitted infections, including HIV.

Website : <http://www.sexualhealthsheffield.nhs.uk/>

Tel : (0114) 226 8888

Useful pages within this site are:-

Sexual Health Services at a Glance

<http://www.sexualhealthsheffield.nhs.uk/services/shs-at-a-glance/>

LGBT+ Info and Advice

<http://www.sexualhealthsheffield.nhs.uk/info-and-advice/lgbt-2/>

Support for Young People in Sheffield

<http://www.sexualhealthsheffield.nhs.uk/services/youth-clinic/support-for-young-people-in-sheffield>

A FREE smart phone sexual health app is also available that helps you locate the most appropriate and nearest sexual health service in Sheffield.

<https://itunes.apple.com/us/app/sheffield-sh/id578656790>

Sex and Disability Helpline and Outsiders Club

The Outsiders Club welcomes people with physical and social disabilities to join their club, make new friends and, if they wish, find partners.

Find out about the Members Club here : -

<http://www.outsiders.org.uk/outsidescub/club/the-outsiders-club/>

The Outsiders Trust also offers support on relationships, sexuality, dating and sexual services to all disabled people and a wide range of their therapists and health and social care professionals.

Their free Sex and Disability Helpline can be contacted on 07770 884 985 (11am to 7pm weekdays and by email on sexdis@outsiders.org.uk

“Don’t be shy about calling if your problems are of a very intimate nature: our operators have “heard it all before”. They are qualified sex therapists with years of experience of disability and all its associated ‘embarrassing moments’ and the sexual anguish which can be experienced.”

Outsiders campaigns for disabled and disfigured people to receive good sex and disability education, and be accepted as sexual, loving partners. Most of our volunteers and Trustees are disabled. The Club also welcomes health care professionals who want to include the topics of loneliness, sex and relationships in discussions with their clients but feel alone and unsupported in doing so through the Sexual Health and Disability Alliance at www.shada.org.uk

Whenever possible, Outsiders works together with other groups to address the isolation faced by many disabled people, and to campaign for the acceptance of disabled people as sexual partners.

Outsiders have created a [Sexual Respect Tool Kit](#) to help GPs and other health professionals initiate discussions on sex, relationships and loneliness with disabled people. They have also challenged councils to give more consideration to the sexual needs of disabled people.

[Contact Details](#)

National Charities: Resources on Sexual Health

There are too many organisations to list here but a lot of information about relationships and sexual health can be found on national charity websites relating to your impairment. For example:-

[Arthritis Research UK – Sex Relationships and Arthritis](#)

www.arthritisresearchuk.org

[British Heart Foundation – Sex and Relationships with a Heart Condition](#)

www.bhf.org.uk

The Spinal Injuries Association has a welfare counselling service which provide counselling and advice to help solve problems, including personal and sexual ones, and put people in touch with one another. The SIA produces a range of publications about sexual issues and a newsletter in which readers discuss matters regularly and fully.

Book a session with the telephone counselling service by calling their Advice Line on 0800 980 0501. They will take your name and number and arrange for you to be contacted as soon as possible in order to agree a suitable date and time to begin counselling. Alternatively, you can supply your details by completing the [online booking form](#).

www.spinal.co.uk

[Change](#), a national organisation for people with a learning disability, offer resources for purchase including their **Sexuality Collection**, 5 accessible booklets about sex and relationships .

www.changepeople.org/shop/products

Tel 0113 242 6619

info@changepeople.org

www.changepeople.org/

Relate South Yorkshire:

Relate is a non profit making organisation and all money they receive is used to offer help to their clients. Relate is working to promote health, respect and justice in couple and family relationships. Relate provides counselling services for individuals, couples (including same sex), families and young people experiencing relationship difficulties. Sex Therapy is also available. You will normally be expected to pay a fee. Relate Centres are charities and don't aim to make a profit from the services they provide, the fee is to cover the cost of sessions. Some Relate Centres offer subsidised counselling sessions.

Premier House

Carolina Court

Lakeside

Doncaster

DN4 5RA

01302 347 474

enquiries@relate.org.uk

[South Yorkshire Relate Centre](#)

www.relate.org.uk

What do you think of this factsheet?

If you would like to comment on this factsheet or provide additional information from your own experience please let us know and we would be happy to consider adding to or amending the factsheet. We would welcome any comments to help us improve our service. Our contact details are:-

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Disclaimer

No recommendation is given or implied by providing these details. Whilst every effort is made to ensure accuracy we cannot accept responsibility for any errors or omissions. Please note that the inclusion of groups or individuals on the factsheet does not mean that they have been vetted or are recommended by Disability Sheffield Information Service. Details may change so it is important you check the information provided to make sure they are accurate and suitable for your own requirements

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