The Bridge service is a sexual health clinic for people with learning disabilities. This easy-read booklet will help you understand what happens at the Bridge service.

You can look at this booklet with a carer.
If you are having sex, it is a good idea to have regular sexual health check-ups.

You can have a sexual health check-up at the Bridge service at The Archway Centre.

These are our opening times.
You can choose the time and day that would be best for you.

Page 2 shows you how to get here.

Ring 020 3317 5252 and say you want an appointment with the Bridge service.
Tell them which day you would like to come.
Cross Junction Road at the pedestrian crossing.

Walk straight on down Holloway Road, past The Lion pub.

The Archway Centre is a few doors down past the pub, on the same side of the road.
This is the way in to the Archway Centre in Holloway Road.

If you want, you can bring someone with you to the clinic. This can be a friend or a carer.

Your visit to the clinic could take as long as 2 hours.

When you get here, go through the front doors and then up the stairs to the first floor.

Or you can use the wheelchair lift.
The door to Reception is at the top of the stairs.

Go through and speak to the person behind the desk.

Tell them your name and say you’ve come for the Bridge service.

You will be shown where to wait to see a health adviser.

They will be expecting you, so you will not have to wait too long.

The health adviser will take you to a private room. No one else will be able to hear what you say.

Everything you say will be kept private. This means that no one at the clinic will tell anyone else anything you said.
But you might tell us something that makes us believe that you or someone else is in danger of being hurt.

If this happens, we may have to tell someone. But we will always talk to you before we do.

The health adviser will help you fill in a form.

You will need to give:

- your name
- your address
- your phone number
- your date of birth

The health adviser may need to ask you questions about your sex life, like:

Do your private parts hurt?

When did you last have sex?

Was it with a man or a woman?
You don’t have to answer all the questions if you don’t want to.
But the more you can tell us, the better we will be able to help you.

You may feel shy at first. But our friendly staff will soon make you feel comfortable.
They have lots of experience of talking about sex.
They will be happy to answer any questions you want to ask.

After this, you will see a doctor.
You can choose to see a man or a woman doctor.
The health adviser will take you to another waiting room. You will wait here to see the doctor.
You may need a urine (wee) test, so please do not wee before you come to the clinic.

For a urine test, you have to wee in a small pot.

The doctor will probably ask you more questions.

Then the doctor will explain what tests you need to have done.

The tests will show if you have caught any infections.

If you need a blood test, the nurse will take a blood sample from your arm.

You may have given a blood sample before. It doesn’t really hurt.
If you have any pain or other symptoms, the doctor might need to look at your private parts.

For this, you will need to take off your trousers and knickers.

The doctor will ask you to lie on a special bed that helps them see your private parts.

The doctor may use some cotton buds or other things to take some samples for tests.

It may feel a little uncomfortable, but it should not hurt.

You could try thinking about something nice to help you relax.

You can ask the doctor to stop at any time you want to.
After you have seen the doctor, you can get dressed again.

The health adviser will talk to you about what happens next.

Usually, they will want you to come back in 1 week for the results of your tests.

They will help you to make your next appointment.

No one else but you will be told the results of your tests.

**Don’t forget** that health advisers can also help you:

- with advice about safer sex
- with advice about contraceptives
- learn to use condoms properly
- by giving you FREE condoms
This booklet has been made by The Good Sexual Health Team at Camden Provider Services. We are grateful for the input of the sexual health advisers at the West London Centre for Sexual Health, who run the Pearl service for people with learning disabilities. In addition, we would like to thank the Easy-info Group at The Advocacy Project, who gave us invaluable feedback.

If you need more copies of this resource, there is a downloadable version on the Camden Provider Services website: www.camdenproviderservices.nhs.uk