



Young Hounslow
Sexual Health

Let's get summer ready!

The summer months can sometimes feel like a time where support isn't available.

We're here to make sure it is!

Inside you can find lots of information about how to stay safe this summer



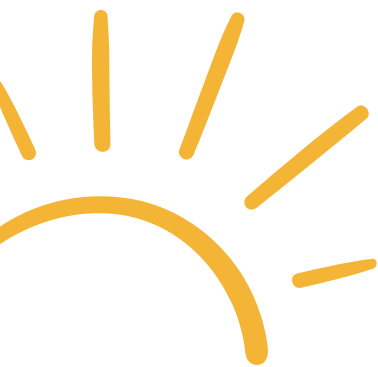
Get important tips on:

Night Safety

Going out

Clinic summer times

Body Image



Going out at night

Walking alone:

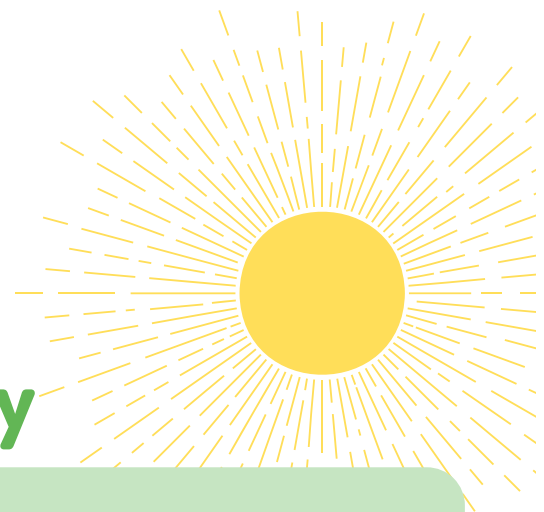
Where possible, walk in groups! If you are going to walk alone, plan your route. Make sure someone knows where you are. Keep your phone on you and charged with a portable charger. Call someone as you walk home if you can (there are call centres for this too)

Spiking:

If you need urgent help, call 999. If you feel unwell, someone you trust should take you to your nearest A&E department. Tell the medical staff that your drink's been spiked. Report it to the police as soon as you can.

Hooking up:

If you're hooking up with someone new make sure you use protection (maybe take some with you before you leave) and keep in mind consent: if someone is drunk or high they cannot consent.



Going out in the day

Day Drinking:

If you are drinking alcohol in the day, make sure to drink more water than usual, because drinking alcohol in the day can make you dehydrated which effects other parts of you too!



Body Odour and Hygiene

Showering and applying deodorant more regularly will help you keep fresh during summer. It's important you don't use scented soaps, steamers, deodorant (anything other than water) on your genitals, even when sweaty!

Body image

During the summer, body image issues might feel worse or you might feel overexposed.

Make sure to dress appropriately for the weather, because if you overheat it could cause dehydration. If you need support with body image feel free to reach out to us.

For now here are some tips:

1. Try to find things you like about your looks
2. Realise no-one is perfect
3. Notice how social media is affecting the way you feel
4. Wear clothes you feel comfortable in
5. Talk to someone you trust and listen to your own advice - what do you say when someone else is struggling?

Sexual health services

To book an on-the-day appointment:

Please call 020 8321 5718 or 020 8630 3295, Mon-Fri from 8am.

For emergency and under-18s:

Please come in during clinic opening hours (please arrive no later than 1 hour before we close).

The clinics offer booked appointments throughout the week from 9am-7pm at the three clinics for non-urgent matters.

Evenings and Weekends:

We also have evening appointments available 5-7pm and also run a Saturday clinic at Heart of Hounslow on the first Saturday of each month.

Other Support:

For 1-1 support, please get in contact with us.

For free condoms, visit ComeCorrect.org.uk

For free STI testing, visit SH24.org.uk



 younghounslowrse@turning-point.co.uk

 www.turning-point.co.uk/services/young-hounslow-sexual-health

 [yhsexualhealth](#)



Sexual Health Clinics

Twickenham House (Isleworth)

Ground Floor
West Middlesex University
Hospital
Twickenham Road
Isleworth
TW7 6AF

Heart of Hounslow Centre for Health

2nd Floor
92 Bath Road
Hounslow
TW3 3EL

Feltham Centre for Health

Top Floor
The Centre
Feltham
TW13 4GU

www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/sexual-health-hounslow/

Other support

HOT shop (General Health)
Treaty centre
Tues to Fri - 10am to 6pm
Sat - 9am to 5pm