



March 2026

Welcome to our quarterly Essex Sexual Health Newsletter!

Whether you are a professional working with young people, a parent or carer, or part of a local organisation, our newsletter will keep you connected with everything happening in sexual health across Essex.

A quick overview of what you can find in this newsletter edition:

- new sexual health resources
- updates of what the Essex Sexual Health Service Outreach and Education Team have been up to
- our first school achieved the bronze Essex Sexual Health Service RSHE recognition award
- upcoming training and workshops
- home educated event coming soon
- our latest blog posts

Notley High School and Sixth Form awarded our first RSHE Recognition Bronze Award



Congratulations to Notley High School and Sixth Form, the first school in Essex to achieve our Bronze Relationships, Sex and Health Education (RSHE) Recognition Award.

The award recognises their commitment to inclusive, high-quality RSHE, supporting students to feel informed, respected and

confident in their relationships, health and wellbeing.

Learn more about our RSHE Recognition Awards Scheme via our [website](#) or our [video explaining the award system](#).

Clinic Offer, MPOX Vaccinations

We now have the MPOX vaccination available to offer to people that are at elevated risk of MPOX. Give us a call on **0300 003 1212** to book an appointment.

New RSHE Policy

We have recently released our new RSHE policy to reflect the new government guidance due to come into effect from September 2026, take a look [here](#).

New Packages Available to Book

We have a number of new packages available that our Outreach and Education Team can now offer, these include:

- **Conception, Pregnancy and Parenthood package:** two lessons focusing on pregnancy and parenthood suitable to be delivered to learners in key stages 3, 4 and 5.
- **More SEND RSHE sessions:** We have now added three new lessons to our SEND RSHE offer; Conception and Pregnancy, Parenthood and Menstruation.
- **Exploring the Impacts of Sexist Language:** one hour professionals training session focusing on the impacts of sexist language from a perspective of Violence Against Women and Girls.

For further information around any of these packages or to arrange a booking please contact us by emailing provide.eshsoutreachteam@nhs.net

Resources now Available in Other Languages

We have recently released our sexual health service offer leaflet in the following languages: Arabic, Kurdish (Kurmanji) and (Sorani), Tigrinya, Pashto, Farci (Persian).

You can download copies of these [here](#).

Becoming an eC-Card Venue

A reminder that you can become an eC-Card venue, providing free condoms to those under 24 years old, by watching our video and filling in the application form [online](#). If you would like to become an eC-Card assessor, being able to provide condoms to those aged 13 to 15 our next training session is on Thursday 23 April 2026 – [please click here to book onto the session](#).

What we got up to During National HIV Testing Week



National HIV Testing Week takes place every February to promote regular testing in England, particularly among groups most affected by HIV. Regular testing helps to reduce the numbers of undiagnosed people and those diagnosed late, as well as raise awareness and increase knowledge of HIV to reduce stigma.



Within Essex 57.4% of those diagnosed with HIV between 2022-2024 were at a late stage of infection (66 – Public Health England). Throughout the awareness week, Monday 9 to Friday 13 February 2026, our Outreach and Education Team were out across Essex with health promotion stands, providing sexual health information, support and offering testing in most locations.

- A120 Coggeshall layby
- Avon Way House, Colchester
- Essex University



- Harlow Playhouse
- West Essex Mind Sanctuary, Harlow
- Bar Plus, Chelmsford

If you would like to arrange our Outreach and Education Team to hold a health promotion stand at your organisation, let us know by emailing provide.eshsoutreachtteam@nhs.net

Upcoming FREE Online Training

Our Outreach and Education Team are offering a number of FREE online multi-agency professional or parents and carers training sessions [click here to book](#).

- **Monday 30 March 2026** - [Delivering Relationship and Sexual Health Education](#)
- **Thursday 16 April 2026** - [Parents and Carers Training - CEOP -Financially Motivated Sexual Extortion](#)
- **Thursday 23 April 2026** – [eC-Card Training](#)
- **Tuesday 9 June 2026** - [LGBT+ inclusivity and sexual health](#)

We can also provide inhouse training , minimum of eight staff required, take a look at our professionals brochure [here](#).

SEND RSHE Survey

Following Essex County Council's RSHE survey that was completed by young people throughout Essex,

Umbrella Project

Do not forget that we have our Umbrella Project which supports commercial sex

the Outreach and Education Team have been working on ensuring that our SEND learners are able to be heard with an adapted version of the RSHE survey being offered by our team, with a supporting PowerPoint to guide the learners through the survey. If you would like to arrange for your SEND learners to get involved in this survey, please get in touch by emailing provide.eshsoutreachteam@nhs.net

workers who live or work in Essex, find out more information [here](#).

Current Vacancies in our Team

We currently have the following vacancy available: **Health Promotion Specialist**, Mid Essex (Youth Focused), [click here for more information](#).

New Blog Posts

Check out some of our latest blog posts:

- [What's the Best Contraception If I Have a Partner With a Penis and One With a Vagina?](#)
- [How Do You Tell Someone You've Got an STI?](#)
- [How to Talk About What You Want in Bed \(Without Feeling Embarrassed\)](#)
- [Notley High School and Sixth Form become first Essex school to achieve Bronze RSHE Recognition Award](#)
- [Can Contraception Help With Things Other Than Pregnancy?](#)

Please [click here](#) to view all of our blogs.



**Essex Sexual
Health Service**

SAVE THE DATE

**14th April
9am-2pm (drop
- in style)**

Calling all home educators

Come to our **FREE** relationships and sexual health education drop - in session.

- Activities for learners aged 13+
- Inclusive provision, including SEND-friendly activities you can use for home learning
- Guidance and support for parents and carers
- Advice on initiating positive conversations at home
- Free refreshments provided
- Fidget toys available to take home
- Large inclusive park available at venue
- Free parking available



Essex Child Family Wellbeing (ECFWS) staff will also be available on the day to answer any questions.

Where is the event being held?

Lakelands Centre, Stanway, Colchester, CO3 8DX.

Can children under 13 attend?

This event is designed mainly for learners aged 13+. However, children under 13 can attend and are catered for.

**For more information contact:
provide.eshsoutreachteam@nhs.net**



Sexual Health Fun Fact

The spring equinox, Friday 20 March 2026, is often associated with the rebirth of nature and fertility rituals and was celebrated by ancient civilisations such as the Egyptians, Greeks, and Persians.

Essex Sexual Health Service address:

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For all inquiries, please contact us at: provide.essexsexualhealthservice@nhs.net

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