

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Appleby Centre 63 Appleby Road London E16	1.45pm-3pm					
West Ham Lane Health Centre (Shine) 84 West Ham Lane	5pm-6.30pm	6.30pm-8pm	4.30pm-6.30pm	6.30pm-8pm (well woman/ cytology)		9.30am-11.30am
West Beckton Health Centre 2 Monarch Drive London E16	6.30pm-8pm	4.30pm-6.30pm (Shine)		6.30pm-8pm		
Shrewsbury Centre Shrewsbury Road Forest Gate London E7	2pm-4pm (Dexa scan Clinic)	9.30am-11am (specialist contraception/ menopause) 2pm-3.15pm (Well woman/ Cytology) 6.30pm-8pm	6.30pm-8pm	9.30am-11am (Well woman/ Cytology) 2pm-4pm (IUD Clinic) 5pm-6.30pm (Shine)		
Carpenter's Neighbourhood Offices 17 Doran Walk Stratford E15			9.30am-11am			
Lord Lister Health Centre 121 Woodgrange Road London E7			1.45pm-3.30pm			

Emergency Contraception

Should you require Emergency Contraception outside available clinic times then you can attend the walk-in centre at Newham University Hospital, Glen Road, Plaistow, London, E16 Telephone No. 020-7363-9200. Clinic times are; Monday – Friday 7am-10pm Weekends and Bank Holidays 9am-10pm.

Family Planning, Sexual Health & Community HIV Services

The Family Planning, Sexual Health and Community HIV service aims to provide comprehensive and confidential advice for women, men and young people of all ages, covering all aspects of contraception, sexual health and HIV services in the community.

Family Planning

Currently the service offers a wide range of day and evening family planning clinics across the borough where all methods of contraception are available, including free condoms and emergency contraception. The clinics also provide Pregnancy testing and referral to the Termination of Pregnancy Service if required. All clinics are arranged by appointment and are self-referral – **you do not** need to be referred by your doctor.

Telephone; **020-8586-5147**

Shine

In addition to the Family Planning clinics the service offers drop-in sessions for young people aged 24 and under, called Shine, which as well as providing the above services, has a counsellor available to discuss emotional, sexual and relationship problems. You do not need to make an appointment for these clinics. Find details about Shine and clinic times here (link to Shine page <http://www.newhampct.nhs.uk/services/shine/>)

Telephone; **020-8586-8888**

Smear tests

These are generally carried out by your GP/practice nurse, but should you prefer to attend the community clinics the service has 3 well women clinics in the borough. These are by appointment only and are self-referral. If you already attend one of our Family Planning clinics then you can have a smear taken at one of your usual appointments.

Telephone; **020-8586-5147**

Menopause and DEXA Scanning

The service also offers specialist Menopause and bone density scanning clinics, these are by appointment and require referral by your GP. The times and locations of the above clinics are as follows:-