



SEXUAL HEALTH RESOURCE BANK

LINCOLN SU WELLBEING NETWORK 20/21



INTRODUCTION

What can you expect?

This resource bank has been created for students to help them take better care of their sexual health.

Everyone's relationship with their sexual health is different. hopefully there is something in here to support you, whatever that may look like.



You'll find information on reporting tools for sexual misconduct, sex and body positive social media profiles and charities who work towards sexual health and liberation.

If you're interested in seeing more, keep searching - *there's so much more to see!*

For more content and support you can follow:

@ulsuwellbeing and **@ulsu_sexualhealth** on instagram 😊

LINCOLNSHIRE SUPPORT

RESOURCE

LiSH- Lincolnshire Sexual Health

WHAT DO THEY DO?

LiSH are a sexual health service working within the NHS to provide SH advice and support to people in Lincolnshire. They offer STI testing, contraception information and a whole load of other amazing services.

WHERE CAN I FIND THEM

WEBSITE

lincolnshiresexualhealth.nhs.uk

PHONE

01522 309309

ON CAMPUS

LiSH run Sexual Health Wednesdays out of the Doctors Surgery near the Minerva Building

INSTAGRAM

@lchssexhealth



University of Lincoln Wellbeing



Misconduct and
Harassment
Support

The University's dedicated Wellbeing Centre is for students to access a wide range of support. Wellbeing can help you with welfare concerns and have an online sexual misconduct reporting tool. They also have a brilliant student guide for the support services available.

WEBSITE

studentservices.lincoln.ac.uk

PHONE

01522 886400

ON CAMPUS

Between the Doctors surgery and The Swan, by the Minerva Building

INSTAGRAM

@uolstudentwellbeing

RESOURCE

Free and Clear



WHAT DO THEY DO?

Free and Clear offer free at-home Chlamydia and Gonorrhoea testing kits and condoms for young people in Lincolnshire.

WHERE CAN I FIND THEM

WEBSITE

freeandclear.me/

PHONE

01522 308843 or 01522 308915

Lincoln Students Union Advice Centre



Lincoln SU's student Advice Centre - you can access their services for help with any issues you might experience as a student. They support students directly or signpost to resources that can. The Advice Centre are also able to attend online University meetings with you should you wish.

WEBSITE

lincolnsu.com/advice

PHONE

01522 837000

EMAIL

advice@lincolnsu.com

ON CAMPUS

Opposite the Library next to the Engine Shed.

Lincolnshire Rape Crisis



Lincolnshire Rape Crisis offers support to survivors of "rape, sexual assault, sexual abuse, incest, sexual domestic violence, trafficking and sexual exploitation, female genital mutilation, ritual abuse, forced marriage, crimes in the name of honour, sexual intimidation, coercion or harassment, whether physical or verbal".

HELPLINE

0800 33 455 00

EMAIL

support@lincolnshirerapecrisis.org.uk

WEBSITE

lincolnshirerapecrisis.org.uk/

Remember, if you are in immediate danger and are able to, you can call 999 for help



Spring Lodge



Lincolnshire-based sexual assault referral centre. Spring Lodge are partnered with the NHS and offer support to survivors of rape, sexual assault and sexual abuse.

PHONE

01522 524 402 (office hours 9am – 5pm)
0303 1234 000 (all other times)

EMAIL

lpn-tr.springlodge@nhs.net

MULTIMEDIA RESOURCES

Instagram accounts, Podcasts, YouTube Channels, Books, Websites

RESOURCE

WHAT DO THEY DO?

WHERE CAN I FIND THEM

Brook



Free, confidential sexual health and wellbeing support for U25s. Sex positivity, sexual health education, reproductive health, contraception, gender, body positivity and all-round wonderful content.

INSTAGRAM

@brook_sexpositive

WEBSITE

brook.org.uk



Cliterally the Best



Cliterally The Best is an Instagram and podcast run by Evie Plumb. It celebrates all things sex, sexuality, relationships and bodies. Her posts are endlessly entertaining and examines sexual health with incredible graphics and captions.

INSTAGRAM

@cliterallythebest

PODCAST

play.acast.com/s/cliterally-the-best

The Hormone Diaries

(curated by Hannah Witton)



Menstruation and contraception stories. Curated by author and sex educator Hannah Witton.

INSTAGRAM

@thehormonediaris

@hannahwitton

YOUTUBE

www.youtube.com/user/hannahgirasol

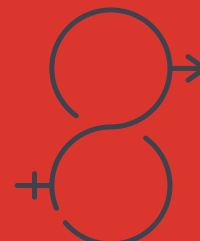
Banging Book Club



Podcast series (now discontinued) discussing sex and gender literature. Interviews with authors, influencers and friends about their experiences related to these topics. Definitely recommend if you don't have time to read the books for yourself.

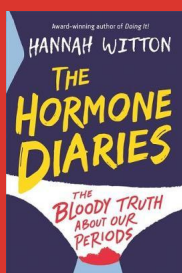
PODCAST

Search 'Banging Book Club'



RESOURCE

Hannah Witton



WHAT DO THEY DO?

Hannah is an author, podcaster and YouTube creator.

Her content includes honest discussions of sex & body positivity, contraception, liberation and invisible disabilities.

WHERE CAN I FIND THEM

INSTAGRAM

@hannahwitton
curator of @thehormonediarists

PODCASTS

Doing It
Banging Book Club

BOOKS

Doing It - Let's Talk about
The Hormone Diaries - The Bloody
Truth about our Periods

YOUTUBE

youtube.com/channel/
/UC6iWKC08iw9K-R6Wh5pbZNO

Ruby Rare



Ruby is a queer sex educator, body positive & liberation activist and author of "Sex Ed: A Guide for Adults".

She is also the co-founder of the Body Love Sketch Club - an inclusive life-drawing class (currently online) alongside Rosy Pendlebury.

INSTAGRAM

@rubyrare
@bodylovesketchclub

BOOK

Sex Ed: A Guide for Adults

Come Curious

Instagram page, YouTube channel and Podcast ('F**ks Given') created by Florence Bark and Reed Amber.

Come Curious have very frank and non-judgemental conversations surrounding sex, sexuality, gender, body positivity and liberation.

INSTAGRAM

@comecurious
@reedamberx
@florencebark

PODCAST

F**cks Given

YOUTUBE

www.youtube.com/channel/
UCIRoo9Lsz1DOXRivEo-UARQ



RESOURCE

SH24



WHAT DO THEY DO?

Sexual health and reproductive service run by the NHS. Covers sexual health and sex positivity, menstrual health etc. Offer free STI home testing, contraception and advice (dependent on your location).

WHERE CAN I FIND THEM

INSTAGRAM

@sh24_nhs

WEBSITE

sh24.org.uk/



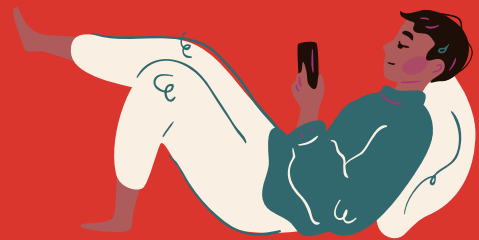
Medics on the Gram



Educational account run by two trainee GPs from London. Their account uses amazing graphics and medical knowledge to cover topics such as sexual health, contraception and pregnancy. They are sex positive, gender and sexuality inclusive and all-round incredible.

INSTAGRAM

@medicsonthegram



Body Love Sketch Club



Body positive online life drawing events – pay what you can afford. These events used to run in London, but if there's one perk of COVID it's that they're now online and available wherever you are!

INSTAGRAM

@bodylovesketchclub

(If you head to their page you can see when their next event is)

Style Like U



Mother and daughter initiative celebrating body diversity, sexuality and individual experiences through interviews.

INSTAGRAM

@stylelikeu

WEBSITE

stylelikeu.com

YOUTUBE

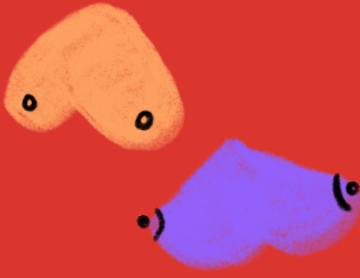
youtube.com/channel/UCw7FSgzdHFealKk4qUD_nEA



CHARITIES

RESOURCE

Coppafeel



Lincoln has its own UniBoobTeam! You can find them on instagram at [@unioflincolnubt](https://www.instagram.com/unioflincolnubt)

WHAT DO THEY DO?

Coppafeel is a breast cancer awareness charity which aims to raise awareness of the importance of young adults checking their boobs/pecs. All genders have breast tissue so everybody needs to be aware of the importance of checking themselves.

Coppafeel exists to challenge the taboos and misconceptions around breast cancer and to ensure everyone is comfortable with the signs and symptoms to look out for.

Coppafeel uses the 3 Es:

Encourage:
to check your boobs/pecs regularly

Educate:
on the signs/symptoms to look out for

Empower:
to seek advice from a doctor if symptoms persist.

WHERE CAN I FIND THEM

INSTAGRAM

@coppafeelpeople

WEBSITE

coppafeel.org/

Brook



Free, confidential sexual health and wellbeing support for U25s. Sex positivity, sexual health education, reproductive health, contraception, gender, body positivity and all-round wonderful content.

INSTAGRAM

@brook_sexpositive

WEBSITE

brook.org.uk



The Eve Appeal

Charity funding the research, prevention and awareness of the 5 gynaecological cancers.

INSTAGRAM

@eveappeal

WEBSITE

eveappeal.org.uk

RESOURCE

WHAT DO THEY DO?

WHERE CAN I FIND THEM

Movember



Men's mental health and cancer awareness charity. Every year, Lincoln SU fundraises for Movember, raising £13,400 in 2020!

WEBSITE

uk.movember.com

Terrence Higgins Trust



HIV and sexual health charity offering testing, therapy and sexual health resources across the UK.

WEBSITE

ttht.org.uk



Plan International



Global charity focused on reproductive rights, sexual harassment, period poverty and health programmes amongst other initiatives.

WEBSITE

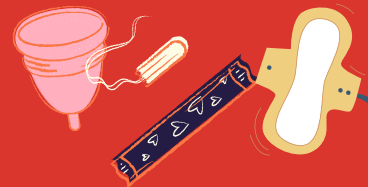
plan-uk.org/about/about-us

Bloody Good Period

UK charity providing menstrual products to those who may be unable to afford them, and providing education to those less likely to access it.

WEBSITE

bloodygoodperiod.com



Fumble

Fumble create educational resources on sex, bodies, relationships and related topics. Their content is made by young people for young people.

WEBSITE

fumble.org.uk

