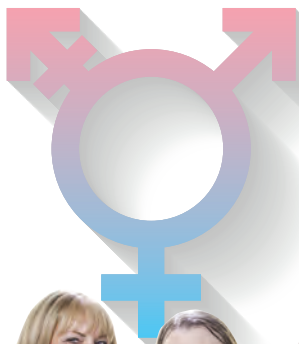


# ON THE QT

A SEXUAL HEALTH GUIDE FOR THE  
TRANS\* COMMUNITY

PRODUCED BY HORIZON LGB&T





Trans\* or Transgender sexual health is sometimes a difficult subject to approach and we know that if you are a Trans\* or Non Binary person then sexual health information can be difficult to find. We must remember that regardless of our gender identity, sex is still something that can be enjoyed. However questions need answers and these days there is very little information in paper form where you can educate yourself on health and well-being and sexual health in today's modern world. The internet is a wonderful tool for information but there are plenty of conflicting opinions throughout that can sometimes "muddy" the facts. So we have released this handy little pocket guide to staying safe while you are still enjoying a healthy sex life and keeping yourself and those around you safe in a constantly changing and sometimes quite risky community.

## PRONOUNS

This guide has been formulated by Trans\* and other LGBT Sexual Health professionals and every care has been taken to not offend or discriminate anyone from the Trans\* community. We have tried to be as inclusive and gender neutral as possible, but since we're talking about health and medical things, we have had to talk about some procedures and body parts using medical terminology. We more than understand that it can be uncomfortable to use these terms at times but remember when talking about your own sexual health, to use the terms that you feel most comfortable with.

We have tried to be positive about sex and relationships in this booklet but we do realise that a sexual relationship is not for everyone, for many different reasons. Remember there are lots of ways to have sex and relationships, and that includes not having, or being interested in either. As long as you are comfortable with your decisions, educated so you can make informed choices and you are being safe, then all is good.

## A LITTLE ABOUT US:

HORIZON LGB&T is a bespoke arm of the wider “HORIZON drug, alcohol and sexual health” project that supports the whole LGB&T Community in Blackpool, funded by public Health at Blackpool Borough Council; the project sits with Renaissance at Drugline, at 102 Dickson Road.

Renaissance at Drugline is a harm reduction charity that has been supporting the community across Lancashire since 1986. Drugline was set up in the 80's to support the rise in recreational drug use throughout the country. It has continued now for over 30 years and through this time funding has come and gone and projects have launched and closed. In 2011 more work was being undertaken in Sexual health and Drugline chose to re-brand and became Renaissance at Drugline. Throughout the years the organisation has always supported the LGB&T community through projects such as SHIVER and Healthier Living. Then in 2014 the HORIZON Partnership was formed and LGB&T Community Development sat within this new Sexual Health and Drug and Alcohol Support System in Blackpool.

## ABBREVIATIONS TO NOTE

**Trans\*:** an umbrella term for the Transgender community including those that identify as non-binary and gender variant

**Cisgender:** The opposite of Transgender, someone whose gender identity aligns with the sex they were assigned at birth

**MTF:** Acronym to describe members of the Trans\* community that are transitioning to a Female gender role

**FTM:** Acronym to describe members of the Trans\* community that are transitioning to a Male gender role

**MSM:** Men that have sex with Men though do not identify as Gay or Bisexual

**STI:** Sexually Transmitted Infection



## GENDER – IT'S BETWEEN YOUR EARS NOT YOUR LEGS

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There are trans\* and non-binary people of all ages, of all genders, and with all sorts of bodies. It's good to get to know your body so you can keep an eye on your health. If you are prescribed hormones during your transition then see how you're developing and feel more confident in yourself. It's important to take care of your body and to reduce your risk of health problems later in life as much as possible – exercise, a healthy diet and

regular health check-ups are important for all parts of your health. Lots of trans\* and non-binary people change their bodies using hormones and surgery, and lots don't! The medical stuff you do doesn't affect “how trans\* you are”, or your gender at all. Your body is valid regardless of what medical procedures you undergo and what prosthetics you use. Plenty of trans\* and non-binary people bind their chests or tuck their genitals in order to feel

more comfortable and “at home” with themselves. This is great as long as you do it safely, and take regular breaks – your body can be damaged by being constantly compressed like when binding or tucking.

## BINDING SAFETY

### **Not just for trans guys!**

Lots of people who don't identify as trans men bind their chests for a flatter appearance or to feel more comfortable. Even some CIS women bind their chests! Genderqueer, trans, cis – doesn't matter how you ID.

### **Not all trans guys!**

At the same time, not every trans guy chooses to bind his chest. Many guys feel no need to bind, or they choose to conceal their chest through clothing or other means. If someone chooses not to bind, that doesn't mean he's not “really trans” or that he should be misgendered. Everyone is different!

### **The Golden Rules of Binding**

Always bind for less than 8 hours a day (the more breaks and time you can go without, the better!). Binding for long hours every day over time breaks down tissue and can cause breathing problems, back pain, and skin irritation. Always take your binder off

before you sleep. Give your body rest while you rest. Also, take it off before exercising. Sports bras are designed to move with you as you workout, while a binder can make movement and even breathing more difficult.

Never use duct tape or elastic bandages to bind your chest. Binding with these materials can restrict your ability to breathe and move properly. Elastic bandages in particular are designed to constrict, so as you breathe, they get tighter and tighter and can really hurt you.

If it hurts, stop. Try out a larger compression shirt, find binding alternatives that work for you, or try different ways to hide your chest without binding. Pain is always an indicator that something is wrong.

The safest binding techniques have been left to the professionals, so if possible, purchase a binder made specifically for the task, or seek out a gently-used compression shirt.

## TUCKING SAFELY

### **What is tucking?**

Tucking refers to the practice of hiding the penis\* and testes\* so they are not visible in tight clothing. There are many ways to tuck, such as pushing the penis\* and testes\* between your legs and





pulling on panties, to tucking the testes\* inside of you.

### **Why do people tuck?**

People tuck for many different reasons. You might tuck in order to feel more at ease in your body, more comfortable in your clothing, and to facilitate being read by others as your gender.

### **How do I tuck?**

If you just want to tuck your testes\* and penis\* between your legs, the arrangement can be held in place with tight panties made from materials like firm spandex,

lycra, or microfibre.

Some people prefer to tuck their testes\* inside of themselves. The goal here is to gently push the testes\* into the inguinal canals. There is an opening to the inguinal canal at the base of each testicle\*. The opening has about the same diameter as a finger, though it can stretch.

Using two or three fingers, gently lift each testicle\* up into the scrotum\* and through the corresponding inguinal ring. Go slow and trust your body. This process can take time. You can do one testicle\* at a time or both at

the same time. Some people find it helpful to get in a bath of cold water before tucking.

It shouldn't be overly uncomfortable. If you feel faint, nauseous, or in pain, stop and take a break before trying again.

Once the testes\* are tucked, some people tuck the scrotum\* as well. Others wrap the scrotum\* around the penis\* and secure it there with tape. After taping, keep a hand firmly over the base of your genitals to prevent anything from slipping back out.

Then the penis\* can be pulled back between your legs and everything can be held in place with tight panties, tape, and/or a gaff (a garment that flattens the lower part of your body). If you plan to use tape, medical tape is safer than duct tape because it breathes better and is easier to remove. Removing the tape may be more comfortable if you shave your pubic hair first. If you are having difficulty removing the tape, it might help to soak the area in warm water.

## LET'S TALK ABOUT SEX

You can have sex and relationships with people of any gender no matter what body you have, and for a lot of people, their sexual orientation doesn't dictate what bodies they're comfortable with their partners having. Trans and non-binary people come with all sorts of sexual orientations, and a large number are

lesbian, gay, bisexual, asexual or queer. Your sex life can impact on your body in a number of ways, from the amount of energy to you have the day after sex, to the risk of infection, to building up your strength and stamina. After all, a lot of sex is exercise! Being in tune with your body will help you keep on top of your health, and will teach you how to know somethings wrong. It may also help you have better sex and relationships too!

Some trans\* people find it difficult to talk about sexual health because it involves genitals and they may feel very uncomfortable with the genitals they have as they may not corresponded with their developed gender. This is not always the case as some trans\* and non-binary people will have confidence in their genitals and will understand that they do not in any way define them or their gender expression.

As difficult as it may be, you need to take care of your genitals and especially if you are using them sexually with your chosen partners.

Below we will discuss sexually transmitted infections or





## SEXUAL HEALTH

STIs. The risk of contracting an STI is different depending on the sex you choose to have or the genitals that you have.

Having unprotected penetrative sex is the most likely way to pass on or contract an STI (Sexually Transmitted Infection).

If you have a penis then using a condom for penetrative sex helps protect against HIV and cuts the risk of getting many other STIs. Condoms are supplied free by HORIZON LGB&T and can be obtained from our offices in Blackpool as well as through our community sexual health outreach programme where we supply bars and saunas in the area. You can also receive free condoms and lube through the

post with our Postal Scheme and you can sign up to this at our Website [www.druglinelancs.co.uk](http://www.druglinelancs.co.uk) and follow the link to the postal condom scheme.

Recent information has revealed that sexually active trans\* community members are less likely to have ever had an HIV test, and some had never been tested for any STI.

Recent statistics from Public Health England (PHE) have revealed an increase in both syphilis and gonorrhoea. More than 70% of the 39,000 new cases of gonorrhoea in 2015 were in either men who have sex with men (MSM) or where one of the partners was a trans female who had not had any lower surgery.

We recommend that if you regularly engage in unprotected sex and/or change your partners regularly, that you have a regular check-up at a sexual health clinic every 3 to 6 months. It's very important also to remember that all STIs including HIV can be present without showing any symptoms.

## HIV

Human Immunodeficiency Virus or HIV is a virus that attacks the immune system and weakens your ability to fight infections and disease. It is most commonly caught by having anal or vaginal sex without using a condom. HIV can also be passed by sharing needles.

There is no cure for HIV but treatments are available to manage the condition and enable most people to live a long and happy life.

AIDS is the final stage of HIV infection, when your body can no longer fight life-threatening infections. With early diagnosis and effective treatment, most people with HIV will not go on to develop AIDS.

The best way to protect you from HIV is by using condoms for all penetrative sex. It is possible to spread the virus through oral sex and sharing sex toys although the

chances of this happening are very low. It is estimated you have a 1 in 5,000 chance of contracting the virus if you give oral sex to someone that is already infected and not on medication.

HIV is changing all the time, please read more info on Treatment as Prevention, PEP and PrEP further on in this guide.

## HEPATITIS A

Hepatitis A is a liver infection that's spread by a virus in faeces (poo).

It is spread mainly through contaminated food or poor hand-washing, but also passes on easily through sex, including oral-anal sex ("rimming") and giving oral sex after anal sex.

Symptoms of hepatitis A can appear up to eight weeks after sex, and include tiredness and nausea.

Hepatitis A is not usually life-threatening and most people make a full recovery within a couple of months.

You can avoid getting hepatitis A by:

- Washing hands after sex (ideally buttocks, groin and penis too)
- Changing condoms between vaginal, anal and oral sex
- Using latex gloves for fisting
- Not sharing sex toys

If you think you might have hepatitis A, or have any questions, visit a sexual health clinic or GP. The hepatitis A vaccine is available for people travelling to countries where the disease is common.

## HEPATITIS B

Hepatitis B is a viral infection that causes inflammation of the liver. It often doesn't cause any obvious symptoms but can lead to a persistent infection. This can eventually cause serious liver disease, including cirrhosis and liver cancer.

Hepatitis B is spread through contact with an infected person's blood or body fluids. Men who have sex with men (MSM) are at risk of hepatitis B but they can be protected by the hepatitis B vaccination.

Vaccination for MSM is available from sexual health clinics, genitourinary medicine (GUM) clinics or from GPs.

## HEPATITIS C

Hepatitis C is a viral infection that causes inflammation of the liver. It often doesn't cause any obvious symptoms, but can lead to a persistent infection. This can eventually cause serious liver disease, including cirrhosis and liver cancer.

It is spread through contact with an infected person's blood or body



fluids. If you are concerned that you are at risk you should consult your doctor or sexual health clinic.

Hepatitis C can be treated and is curable in many cases.

## GONORRHOEA

This bacterial infection can cause stinging when urinating or the feeling that you want to urinate but can't. It's passed on through anal, oral or vaginal sex with an infected person.

Oral and anal gonorrhoea can be different to vaginal, so you must be clear when speaking to your sexual health practitioner about the sex that you have had so that they can give you the best treatment. If you are not clear then things can be missed and reinfection is highly possible.

It is important to remember that gonorrhoea can be present



without any symptoms however, those that can show include a yellow/green discharge from the genitals and pain or discomfort when going to the toilet to pee. Gonorrhoea can be passed between people with different and the same sex organs, either male or female, as well as penetration it can also be passed through shared sex toys, hands, and by rubbing together. Treatment is with antibiotics.

## CHLAMYDIA

This is a bacterial infection of the urethra, rectum or throat. There may be a discharge and pain when passing urine, or, for those that have them, pain in the testicles (although chlamydia can be symptom-free). It can be passed on during sex

with an infected person in the same way as gonorrhoea. It's treated with antibiotics.

It is very important when speaking to a clinician that you are clear about the type of sex that you have been having because Oral, Anal, Vaginal and Penile Chlamydia, all need treating in different ways. If you do not get the correct medication the STI will return again and again.

## SHIGELLA

This is a bacterial infection of the intestine that causes severe diarrhoea and stomach cramps. It is often mistaken for food poisoning.

It can be caught during sexual activity, including anal-oral sex ("rimming") and giving oral sex after anal sex. It is spread very

easily – all it takes is a tiny amount of infected poo (faeces) getting into your mouth.

A person with shigella can be infectious for up to a month. It can be treated with antibiotics. Anyone who suspects they have shigella should visit their GP or sexual health clinic to get tested.

You can avoid getting shigella by washing hands after sex (buttocks, groin and genitals too, if you can by taking a shower), and changing condoms between anal and oral sex.

Using latex gloves for fingering or fisting offers protection. And don't share sex toys or douching equipment.

## GENITAL HERPES

Genital herpes is a viral infection. Symptoms can include painful blisters and ulcers on or around the genitals or anus, although some people have no symptoms.

The virus remains in the body and can cause recurrent episodes of blisters.

Genital herpes can be passed on through oral sex with someone with a cold sore around or in their mouth, or by close, skin-to-skin genital contact with someone who has genital herpes.

Antiviral tablets can help the healing process. A GP or sexual health clinic can prescribe treatment.

## SYPHILIS

Syphilis is a bacterial infection that causes a painless ulcer, usually in the genital area but sometimes also found in the mouth. The ulcer will disappear on its own but other symptoms may appear, such as a rash on the body and swollen glands.

In its early stages, syphilis is very infectious and can be passed on by close skin contact during sex. If it's left untreated for years, it can spread to the brain, the heart, or other parts of the body and cause serious, long-term problems.

Treatment is with antibiotic injections or tablets.

## GENITAL WARTS

This is a common viral infection that appears a few weeks or months after sex with an infected person. It can cause small fleshy growths, on or around the head of the penis or vagina, around the anus and also other genital areas.

The sooner warts are treated the easier they are to deal with. You can't treat genital warts with the same cream you use for warts on the hands. A doctor or sexual health clinic can freeze them or prescribe a cream to help remove them.

## PUBIC LICE ('CRABS')

Pubic lice (also known as 'crabs') are small, parasitic insects that live in body hair. They are the most common STI.

They only grow to pinhead size so can be difficult to spot, although their tiny dark eggs can be seen stuck to hair.

Pubic lice prefer pubic hair (hair around your genitals and anus) but can also be found in body hair (but not head hair). The lice are transmitted by skin to skin contact but can also be picked up from clothes, towels and bedding. Symptoms include itching or a rash.

Treatment can be done at home with lotions or creams bought at a chemist (no prescription is needed). Some people choose to shave off their pubic hair to get rid of 'crabs'. This does not work and you will still need to treat the area with a cream or a lotion. If you are too embarrassed to buy something over the counter you can also get treatments online in the form of a lice-killing lotion containing 1% permethrin or a mousse containing pyrethrins and piperonyl butoxide.

## SCABIES

This is an infection caused by tiny mites that burrow under the skin. It causes intense itching for most people (though some hardly notice it).

Itching usually starts two or more weeks after sex with an infected person. You can get scabies from sharing beds and towels, but this is less common.

Treatment is similar to treating pubic lice, although you may continue to itch for a few weeks after the mites have been eradicated.

## GET TESTED

If you have any of the symptoms outlined in this booklet or are worried you may have an STI, speak to your GP or visit a sexual health clinic. You can also speak to a sexual health practitioner at HORIZON LGB&T in confidence who can support you into pathways to sexual health screening. Getting tested regularly is a good idea to ensure you have a healthy sex life. Please remember HORIZON LGB&T and NHS services are free.

## HIV – KNOW YOUR STATUS

It has never been more important to know your HIV status and it has never been simpler to get tested. Approximately 103,700 people are living with HIV in the UK according to Public Health England. At present there is no statistic for HIV diagnosis within the Trans\* community in

the UK. The U.S. reports that transgender women have among the highest rates of HIV infection but little is known about HIV prevalence among trans\* men.

It is still estimated that around 13,500 people in the UK remain undiagnosed (have not been tested). Reasons for this are that the HIV can be present in the body for years without showing any sign of symptoms. It is suggested that cisgender gay, bisexual men and other Men who have sex with men should present for an HIV test annually. We at HORIZON LGB&T recommend that regardless of your gender identity, if you change sexual partners regularly you get tested every 3 to 6 months. You can get tested for HIV FREE of charge at your local sexual health clinic, at HORIZON LGB&T and you can now also test yourself at home FREE by visiting [www.Test.HIV](http://www.Test.HIV)

The best way to prevent contracting HIV is to use a condom for anal and/or vaginal sex. Not only will this protect you from HIV but also all other sexually transmitted infections. However there are also new ways to prevent HIV that can be used in addition to condoms.

## PEPSE OR PEP - POST EXPOSURE PROPHYLAXIS (PEPSE)

If you believe that you have come into contact with the HIV virus, either by engaging in penetrative sex without a condom, sharing a sex toy, sharing injecting drug equipment (\* see also “Chemsex”) or for any other reason when you feel that you may have been exposed to the virus then you can present at your local sexual health clinic or at Accident and Emergency at any hospital to talk about PEPSE or PeP. PEPSE and Pep is a 1 month course of high strength anti-retro viral medication that can, if taken properly, suppress the HIV virus before it develops in your body and therefore stop you contracting the virus.

PEPSE/PeP can only be taken up to 72 hours after exposure and clinicians prefer you to begin the course within 24 hours. There is a lot of bad press out there that talks about horrific side effects from taking PEPSE and PeP. As with all medication some people can experience side effects however the side effects these days from a course of PEPSE or PeP are minimal and you will receive support and medical assistance while you are taking the course both during and afterwards.



Remember – You must access PEPSE or PeP within 72 Hours of exposure (preferably 24 hours) and if the sexual health clinic is not open you can get PeP and PEPSE from Accident and Emergency at the hospital. DO NOT LEAVE WITHOUT IT.

## TREATMENT AS PREVENTION.

If you receive a positive diagnosis for HIV the chances are you will be prescribed anti-retro viral treatment from your clinician. When taken effectively these drugs can lower the amount of HIV virus in your body to what is called an Undetectable Status. With careful monitoring and an effective administration of this medication an undetectable status can be achieved and which means that the HIV virus is suppressed enough so there is a very low risk of passing on the virus. At present there is still no cure for HIV but with an undetectable status you are dramatically reducing the risk of any sexual partners contracting the virus.

## PREP – PRE EXPOSURE PROPHYLAXIS

PreP is a combination drug that if taken correctly can reduce the risk of contracting the HIV virus. It is formulated to be taken by

someone that is negative of HIV before exposure can occur and it is advised to be taken at least 1 week before it can become effective. People that would benefit from taking PreP are those that regularly have sex with HIV positive partners without using condoms or those that engage in Chemsex.

Studies have been undertaken including the PROUD study in England which, in 2014, reported that PreP dramatically reduced the risk of HIV infection by 86%. It is however believed that the benefit of taking PreP is much higher than this.

At present PreP is not available in the UK. However PreP can be bought legally online from outside the EU for personal use. More information on PreP can be found at [www.prepster.info](http://www.prepster.info) or from a sexual health practitioner at HORIZON. It is a MUST that you speak to a sexual health practitioner at your local sexual health clinic before you start to take PreP. All clinics in the UK will monitor your kidney function and general health free of charge of you choose to purchase and take PreP.

PLEASE REMEMBER – Although PreP is proven to dramatically reduce the risk of contracting the HIV virus, it in no way protects

you from any other Sexually Transmitted Infection or Blood Born Virus (BBV). The only way to reduce the risk of all STIs and BBV's while having sex is to use a condom.

## CHEMSEX

Chemsex is a word invented by gay men using "Hook up" apps that work on GPS to describe a specific behaviour that involves certain sexually-disinhibiting recreational drugs and risky sexual practises. When Chemsex began the drugs used were crystal methamphetamine (Meth, Tina), mephedrone and/or GHB/GBL. Risks associated with these drugs, apart from the general massive health effects, include the use of injecting equipment which, if not used properly, can cause serious health problems including exposure to HIV and other Blood Born Viruses such as Hepatitis C. Because the cocktail of these drugs heightens your sex drive people engaging in Chemsex more often



than not take massive risks with their sexual health. So called Chemsex parties are often known to be “Condom Free events” where all participants are expected to engage in unprotected sex (or bare backing) therefore putting everyone at risk of contracting HIV and other STIs.

As with all things in society, the original Chemsex drugs of choice have been diluted across the UK and now the term ChemSex is used, by some, to refer to any sexual act undertaken while using any illegal drug or narcotic. Because drugs and alcohol lower our inhibitions there is a much higher chance of people engaging in risky condomless sex, therefore putting themselves at a very high risk of contracting HIV and other STIs.

**For more information on Chemsex visit [www.chemsexsupport.com](http://www.chemsexsupport.com) and support is also available from HORIZON LGBT&T on 01253 311431. Remember you can also obtain FREE CLEAN injecting equipment from our Needle Exchange Hub at 102 Dickson Road in Blackpool.**

## KNOW YOUR PROSTATE

If you were assigned as a Male at birth then you will have a prostate. Even if you have lower surgery as a Trans Woman and

your penis is removed you will still have a prostate.

The prostate is located below the bladder. It is responsible for the production of some of the fluid in semen.

The prostate often enlarges as we get older, but for two-thirds of people aged 50 or over this doesn't cause any problems.

Prostate cancer is the most common of cancers in those assigned Male at birth in the UK and more than 11,000 people die from it every year. However if prostate cancer is diagnosed in the early stages the chances of survival are generally good. Most people with early prostate cancer have no symptoms at all. Some of the symptoms of prostate cancer below can also be caused by other medical problems.

Symptoms of all prostate problems include:

- Needing to pee often, especially at night
- Difficulty starting to pee
- Straining to pee or taking a long time to finish
- Pain when peeing or during sex

If you have any of these symptoms, you should talk to your GP. It is advised that if you have prostate you should be tested starting at age 50 unless you have a family history of prostate cancer. Speak to your GP about your prostate.

## CERVICAL SCREENING (PREVIOUSLY KNOWN AS SMEAR TEST)

Some trans\* males will have their cervix removed during lower surgery. But those who do not opt for surgery will still have their cervix and will still need to have a cervical screen.

Also some trans\* males believe that if they are not having sex with cisgender male partners then they do not need to have cervical screening. This is very much NOT the case. If you have a cervix then you should be screened.

The aim of the NHS Cervical Screening Programme is to reduce the number of people who develop cervical cancer and the number of people who die from the condition. Since the screening programme was introduced in the 1980s, the number of cervical cancer cases has decreased by about 7% each year.

All women who are registered with a GP are invited for cervical screening:

- Aged 25 to 49 – every three years
- Aged 50 to 64 – every five years
- Over 65 – only women who haven't been screened since age 50 or those who have recently had abnormal tests

However if you have changed your name or your gender with your GP then you may not be invited for these routine screens. It will then become your responsibility to speak to your GP about making

appointments for screening. You can also speak to Clinical Sexual Health Services if you prefer.

Being screened regularly means any abnormal changes in the cells of the cervix can be identified at an early stage and, if necessary, treated to stop cancer developing. The way to remember, however you identify your gender or sexuality is:

“If you have a cervix – Get a screen, If you have a prostate get a check”

## FIND OUT MORE

Your sexual health is your responsibility so look after yourself, find out more and get to know your body.

## USEFUL NUMBERS

### HORIZON LGBT

01253 311431

### Blackpool Sexual Health Services

01253 957171

### NHS Direct

111

More information can be found at [www.nhs.uk/LiveWell](http://www.nhs.uk/LiveWell) and our website

[www.druglinelancs.co.uk](http://www.druglinelancs.co.uk)

### *Other publications in this series:*

*Below the Belt* – Sexual Health Guide for Gay and Bisexual Men and other Men that have sex with Men.

*I Kissed a Girl* – Sexual health guide for Lesbian and Bisexual Women and other Women who have sex with women



Alcohol, drugs & sexual health support

More information can be found at

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and our website

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