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For immediate release

Let's talk about sex. New female doctor for Kyogle Family Planning Clinic

Women and girls in Kyogle have access to a female doctor and a female family planning nurse at the Kyogle Family Planning Clinic. Dr Kate Bolam has joined the Clinic as GP after moving from the Darwin Family Planning Clinic in the Northern Territory.

If you have questions about sexual health but don't know who to ask, the Kyogle family Planning Clinic can help. The clinic supports both women and men from adolescence onwards to make choices for themselves about their reproductive and sexual health. We provide professional and confidential reproductive and sexual health services.

The consultations are free. If something is worrying you or if you have questions that need answering there's nothing to lose by coming and speaking to us.

We welcome all clients but especially young people, Aboriginal and Torres Strait Islander people and people on low incomes (e.g. health care card) to use our service.

"I enjoy empowering clients to take control of their sexual health and sexual safety and I really like working with youth to improve their health and opportunities", says Dr Bolam.

"I am also particularly interested in the management of the menopause transition, an area that is currently under a lot of scrutiny and is difficult to navigate for many clients and doctors alike" says Dr Bolam.

A range of services are available at the clinic including:

- Contraception including insertion of contraceptive implants
- Free condoms
- Fertility management
- Managing menopause
- Vulval and vaginal problems
- Incontinence
- Pap tests
- PMT and period problems
- Women with a disability – management of menstrual and reproductive health issues
- Counselling and assessment about sexual health issues



The Kyogle Family Planning Service is a service of Northern Rivers Social Development Council and is supported by funding from North Coast Area Health Service and NSW Health.

The clinic is open every second Friday from 9.30am – 1pm.

You can make an appointment by calling ph. 6630 0488.

Kyogle Family Planning Clinic is at Kyogle Community Health Centre, 199 Summerland Way, Kyogle, NSW 2478.

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