

Sexual Health D&G



Issue 12 December 2010

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Welcome to issue 12 of the Sexual Health D&G newsletter. As the year draws to a very cold end, we would like to wish all our readers a Merry Christmas and very best wishes for the new year.



'LET'S TALK ABOUT SEX- NO GIRLS ALLOWED'

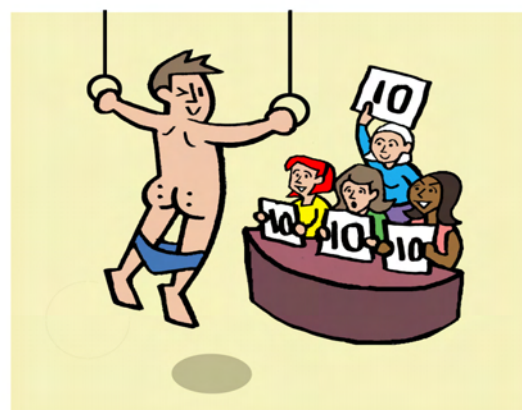
Dumfries & Galloway's Sexual Health Awareness Week

22nd - 29th Jan 2011

GOT THE SEX FACTOR?

The aim this year is to raise awareness of sexual health issues for men of all ages including:

- Under 25 Chlamydia testing
- Older men's sexual health
- Sexual dysfunction
- Dating
- 'The middle age spread' (STIs in over 50's)



Resources and support are available to any groups who are interested in being involved. Contact Adele Hannah on 08457 023687 or email adele.hannah@nhs.net for an information pack.



Have Fun. Be Careful this Christmas & New Year

More young people get pregnant in December and January than any other time of year. This is the campaign that Brook sexual health services are running over Christmas and New Year to encourage people to take a condom when out enjoying the party season as condoms are the only form of contraception that can prevent unintended pregnancy and STIs. For more information or copies of posters log onto www.brook.org.uk

Mapping Sexual Health Interventions

Insights Health and Social Research have been commissioned by NHS Health Scotland to map sexual health interventions in Scotland. They have set up four online surveys to collect information on the work going on in the field for different population groups. If you work with young people or adults delivering sexual health initiatives, please take the time to visit the web links to complete the appropriate survey or surveys. If you require further information or clarification, please contact Liz by emailing liz@insightsresearch.co.uk, or phoning 0758127706.

Adults surveys

- [work with asylum seekers, prisoners, men and women involved in prostitution and clinic attendees](#)
- [work with other adult groups and the general adult population](#)

Young people surveys

- [work with young people who are looked after or accommodated, or pregnant and parenting teens](#)
- [Survey for you if you work with other groups of young people](#)

What's new in Sexual Health?

NUVARING



A new form of contraception for women, Nuvaring is a flexible, transparent, plastic ring which is placed in the vagina where it releases two hormones—estrogen and progestogen. It is left in place for 3 weeks and after this time is removed for one week before inserting a new ring. Like other hormonal contraceptives, the Nuvaring does not prevent the transmission of STIs.

EMERGENCY CONTRACEPTION



A new emergency contraception pill is now available for use 72-120 hours after unprotected sex in Dumfries and Galloway.

CLIENT SURVEY

Sexual health D&G ran a survey of their clients from October to December to ascertain how the new service was performing. 101 questionnaires were completed. Nearly half of the completed forms were from clients new to the service.

The majority of comments were positive, particularly the drop-in service which runs every morning from 9am to 10.30am Mon to Fri. Clients can be referred to specialist services if required. Some of the comments received:

~ "better service in the one building"

~ "the drop in as a great idea for people who need help and don't have an appointment"

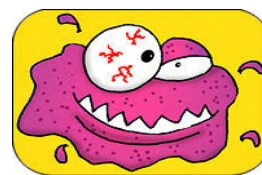
~ "less waiting times, better facilities"

~ "very confidential, great professional service"

~ "The staff give excellent advice and go out of their way to assist. I am really impressed!"



New postal testing kits for Chlamydia and Gonorrhoea



New style postal testing kits will be issued from Sexual Health D&G. There will be different packaging and a new form for users to fill in. The old style kits can still be used. Hopefully by spring of 2011 people requesting postal kits tests in Dumfries and Galloway will be tested for Chlamydia and gonorrhoea using a new more sensitive test. These tests are based on DNA technology and can be done in men on urine samples and in women on self taken swabs from the lower part of their vagina. Until now gonorrhoea testing in men has always involved taking swabs from the urine passage in the penis and in women intimate examinations. This is not only great news for patients but also for those providing testing as it should make it easier to offer testing. Sexual Health D&G is committed to ensuring a trouble free introduction of the new tests and plan to engage with all those involved in testing over the coming months.

Hepatitis A & B vaccination

Men who have sex with men may be at greater risk of hepatitis A and hepatitis B. Within a few weeks of becoming infected with Hepatitis A you can become jaundiced and be very unwell.

Hepatitis B infection often goes unnoticed until you have long term liver damage. Hepatitis B can also lead to liver cancer.

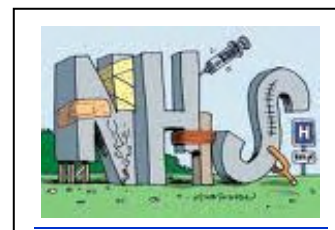
Good News: There is a vaccine which can protect you!

Don't wait until an exposure has taken place, protect yourself now.

There is a vaccine against two sexually transmitted infections. Have a vaccine to protect you.

have a vaccine to protect you from liver cancer would you have it?

Please sign post all men who have sex with men (MSM) to Sexual Health D&G



Closure of NHS Health Information Centre

The Health Information Centre located at Nithbank is now closed. It is intended to resume the leaflet/poster/campaign service (NHS Health Scotland publications) by integrating this aspect of the work into an administrator's post with another service and an appointment is yet to be made. There will be further update once an appointment has been made.

Scotland's Sexual Health Information (SSHI) Report

The sixth annual report produced by the Sexual Health Epidemiology Group (SHEG) aims to promote a better understanding of sexual health in Scotland. The report brings together earlier sexual health releases from 2010 and examines long term trends in sexual health in Scotland, describing a wider picture rather than solely examining sexually transmitted infections (STIs).

During the previous five years, the overall trends for the four main STIs (genital Chlamydia, gonorrhoea, genital herpes and genital warts) indicate a general increase in diagnoses.

A full copy of the report is available here: [SSHI Report: Year of Publication 2010](#)

Table 1: Key changes in STI diagnoses by gender and sexual orientation, Scotland, 2005-2009

	All men		All women		Heterosexual men		MSM	
	1 yr	5yrs	1yr	5yrs	1yr	5yrs	1yr	5yrs
Chlamydia*	↓	↑	↔	↑	N/A	N/A	N/A	N/A
Gonorrhoea**	↑	↓	↓↓↓	↑↑↑	↓↓	↓↓	↑↑↑	↔
Genital herpes	↓	↑↑↑	↓↓	↔	↓	↑↑↑	↑	↑↑↑
Genital warts	↓	↑	↓↓	↓	↓	↑	↑↑↑	↑↑↑
Infectious syphilis	↑↑↑	↓	↑	↑↑↑	↑↑	↑↑↑	↑↑↑	↑↑↑
HIV	↑	↑	↔	↔	↑	↑↑	↑	↓
Workload in GUM clinic setting*	↓↓	↑↑	↓↓	↔	↓↓	↑↑	↔	↑↑

Improving services for looked after young people

Sexual Health D&G was chosen to present at the recent Wellbeing In Sexual Health (WISH) Conference 2010. Held in Edinburgh, the conference provided a platform for sharing effective practice, highlighting key evidence and identifying gaps and future challenges.

Jane Phelps from Sexual Health D&G gave an oral presentation sharing the work that is being carried out with local looked after and accommodated children and young people. In January 2009 Sexual Health D&G carried out focus groups with looked after and accommodated young people, asking questions about current services and practice. This led to a range of improvements in services and sexual health training and education for foster carers and private providers was introduced along with updated guidance for social workers. Sexual health representation on local steering groups was also improved. Ultimately these actions have increased attendances by looked after young people at the clinics. For more information on this work contact Jane Phelps on jane.phelps@nhs.net



‘Joining the Links’



A poster presentation of joint working between Sexual Health D&G, Alcohol and Drugs Partnership (ADP) Domestic Abuse & Violence Against Women Partnership (DAVAWP) was also presented at the WISH conference. It detailed a holistic approach to address harm reduction for alcohol and drug misuse, risky sexual health behaviours and increase awareness of the interlinking issues of gender based violence. Projects included condom wallets with addition sexual health information inside, an online survey, and multi agency training highlighting pertinent issues such as gender based violence, risky sexual behaviour, substance misuse, self esteem and relationships. Training the Trainers will eventually be rolled out across Dumfries & Galloway.

For more information contact:

Adele Hannah adele.hannah@nhs.net

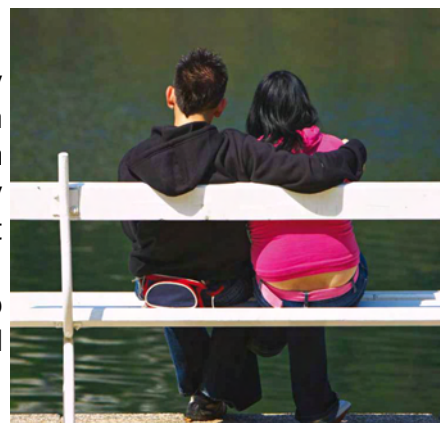
Lorrain Hyland – lhylan@nhs.net

Luis Pombo - luis.pombo@dumgal.gsx.gov.uk

Reducing teenage pregnancy

The Young People's Sexual Health Steering Group are currently undertaking the Reducing Teenage Pregnancy Self Assessment with all partners who can contribute to tackling unintended pregnancy in young people. This process will assess whether the key characteristics of successful programmes are in place and will result in an action plan.

If you haven't yet contributed to the self assessment or would like to find out more, contact Laura Fairbairn on 01387 272751 or email laura.fairbairn@nhs.net.



Attitudes to and knowledge of sexually transmitted infections

Sexual Health D&G are assisting Birmingham University with research they are carrying out on people's knowledge and attitudes to sexually transmitted infections (STIs). There is a link to the survey on our local sexual health website until end of December 2010.

Log onto www.c4urself.org.uk to take part.



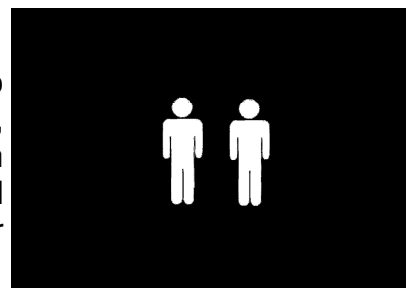
New centre officially launched

The brand new Lesbian Gay Bisexual and Transgender (LGBT) Centre in Dumfries was officially opened by MSP Michael Russell, Minister for Environment, on 3rd December. Poor weather conditions meant Mr Russell opened the centre by telephone rather than in person! Invited guests were welcome by Fergus McMillan, Chief Executive of LGBT Youth Scotland and the recent HMle inspection was formally launched. Grace Cardozo, LGBT Youth Scotland Service Manager for Dumfries, gave a brief history of work in the region and this was illustrated with testimonies from service users and Advisory Group members. A press call to reveal the plaque and cut the ribbon was followed by an awards ceremony for staff and volunteers. The rest of the afternoon saw a variety of partners, service users and members of the public drop in for a tour of the new premises. For more details contact Grace Cardozo on 01387 255058 or email grace.cardozo@lgbtyouth.org.uk.

Sexual health needs of MSM

Dumfries and Galloway LGBT Centre has recently delivered an online survey for local men who have sex with men (MSM). The survey was supported and delivered in partnership with Sexual Health D&G, using a range of online tools. The aims of the research were to find out more about the sexual health needs of local MSM and how we can better design support and sexual health services for MSM, and how we can target positive sexual health messages to the MSM community of Dumfries and Galloway,

The survey is now complete and at the report writing stage. To find out more information about the survey and the findings, please contact Gary Bell, Communications Officer, LGBT Youth Scotland on 01387 255058 or email Gary.Bell@lgbtyouth.org.uk. Alternatively, look out for further details in the next issue of this newsletter.



Policy updates

Sexual offence reforms take effect

The Sexual Offences (Scotland) Act offers greater protection for victims and strengthens the justice system's efforts to deal with sex crime. The Act modernises Scottish justice, by bringing together a complex batch of common law into one statutory framework to help combat offences that take place in today's society. The new legislation:

- Provides for the first time a statutory definition of consent as 'free agreement' enshrined in the law
- Replaces the common-law offence of rape with a broader statutory offence (which includes male rape)
- Introduces new statutory crimes, including targeting coercive sexual conduct such as the sending of sexually offensive emails or texts, and sexual exposure
- Enables Scottish law enforcement agencies to pursue anyone from Scotland who commits a sex crime under Scots law against someone under-18 abroad regardless of the law in that country
- Includes 'protective offences' to safeguard those with limited or no capacity to consent due to their young age or a mental disorder.

[The Sexual Offences \(Scotland\) Act](#) came into force on 1 December 2010. A [summary](#) of the main provisions of the Act is available. Further information can be found in the [Circular](#) and accompanying [Guidance](#).

New guidance on reporting underage sexual activity

Guidance relating to [underage sexual activity](#) is now available and is relevant to ALL practitioners who work with and have a duty of care towards children and young people. The guidance recognises that sexual intercourse and oral sex is illegal in older children (age 13-15) but that at least a quarter of young people report having sexual intercourse before their 16th birthday. Most of this would be mutually consensual and not require onward referral to child protection but to GP or sexual health services for provision of appropriate contraception / testing. The guidance seeks to strike a balance to ensure that only appropriate cases are brought to the attention of social work and the police. It specifies where there should be automatic sharing of concerns and also provides a list of indicators of potential risks that would alert the practitioner to the possibility of coercion or harm. The new guidance is similar to our own interim guidance. The child protection committee will be issuing guidance and carrying out awareness raising workshops in early 2011. A DVD will also be available for agencies and young people in the New Year.

Exciting new initiative from Durex

Durex is investing in projects that can make a genuine contribution to improving the nation's sexual health. Catalyst is their exciting initiative to power **excellence**, **innovation** and **leadership** amongst sexual health professionals across the UK. NHS Forth Valley was one of the lucky winners of a £2500 award which enabled them to develop their project using Gaydar to promote positive sexual health & sexual health services. Catalyst has just announced two new initiatives :

- Win an award worth £1000 to develop or promote your clinic's website
- Win an FPA trainer for the day by taking part in a unique quiz written by Staffordshire University and find answers to those niggling sexual health questions

Closing date for both opportunities is 28th February 2011 Log onto [Durex](#) for more information.



'BIG WORLD'



'Big World' recently took place in Victoria Halls in Annan. Three hundred and twenty S5 and S6 pupils from four secondary schools in Annandale & Eskdale took part. The experience involved pupils following drama students from Pace Theatre Company through a virtual night out. A sexual assault scene was added to the production this year and workshops were provided by the Police on internet safety, personal safety, drugs & alcohol.

Other partners involved included Integrated Substance Services (ISS), Sexual Health D&G and Annandale & Eskdale Health Improvement Team. Two new pilots were carried out this year; parents were invited to an evening performance of the production with partner agencies being on hand with advice and information. This was well received by all parents attending. Fourth year pupils from Annan Academy also got their first taste of 'Big World' and we believe they haven't stopped talking about it since! For more information on 'Big World' contact Steven Wilson steven.wilson@dg.pnn.police.uk.

THE 12 STLS OF CHRISTMAS



To hear a little bit of Christmas humour with some very serious messages about Sexually Transmitted Infections [Click here](#) (not for the faint hearted or those easily offended!)



'DO THE RIGHT THING'

'Do the right thing' recently took place at Stranraer Academy and Douglas Ewart High School for 3rd year pupils. The day is a Police lead initiative with input from partner agencies such as NHS, Anti social Behaviour Team, Procurator Fiscal, Fire Service, Women's Aid and The Council's Domestic Abuse team. The day challenges the choices pupils could make in their lives and aims to encourage them to make positive choices. Issues covered throughout the day include sexual health, alcohol, gender based violence and anti social behaviour. Pupils start the day with a quiz on their current knowledge on these issues. This is followed by a drama performed by 5th year pupils entitled 'A night to remember' which is based on underage drinking and sex. This is followed up with work shops relevant to the drama. In the afternoon 4th year pupils present a drama entitled 'it's a dogs life' with the focus being on drugs and anti social behaviour. An ex-drug addict gives his personal account of the dangers of drug abuse to the pupils. The day is proving popular with the young people and the initiative has won awards. Some comments from the young people include:

"It helps you understand what's going on in the world and gives you very good advice"

"I learned things that I didn't know before"

"Was very interesting, good way of learning about things"

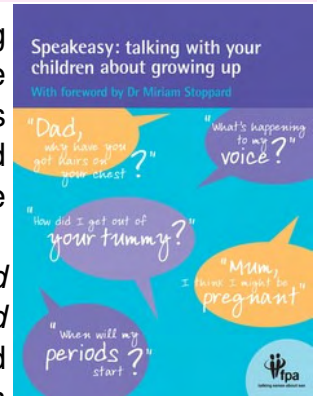
"It teaches you a lot and makes you aware of the consequences of the actions you make"

Resources for parents and carers

It is natural that children and young people want to know about growing up, sex and relationships. If parents and carers don't tell them, someone else will. *Speakeasy: talking with your children about growing up* contains clear, practical information on how to develop the skills, knowledge and confidence parents and carers need to talk about this subject. Preview the book [here](#).



"Learning Together: A review of sexual health and relationships resources to support parents and carers" is a CD Rom which details books, DVDs and websites which can support parents and carers in talking to their children about sexual health and relationships. Designed to be used by professionals working with parents and carers to support them to choose appropriate resources.



If you would like a **free** copy of either resource contact Laura Fairbairn on 01387 272751 or email laura.fairbairn@nhs.net.

Sexual Health D&G Clinics and Drop-ins For Christmas & New Year

*** All C2U's drop-ins closed over Christmas School Holidays ***

Services available at Nithbank, Dumfries

Drop-in for contraception, STI testing & treatment: Mon to Fri, 9-10.30am

For STI testing & treatment only: Mondays 4.30-6pm

Appointments available at other times for a range of services

For an appointment please telephone **08457 02 36 87**

CLOSED

Mon 27th & Tues 28th Dec 2010 and Mon 3rd & Tues 4th Jan 2011

* * * * *

Anyone requiring emergency contraception on the public holidays should obtain this as soon as possible by attending their nearest A&E or by contacting out of hours service (NHS 24) on 08454 24 24 24



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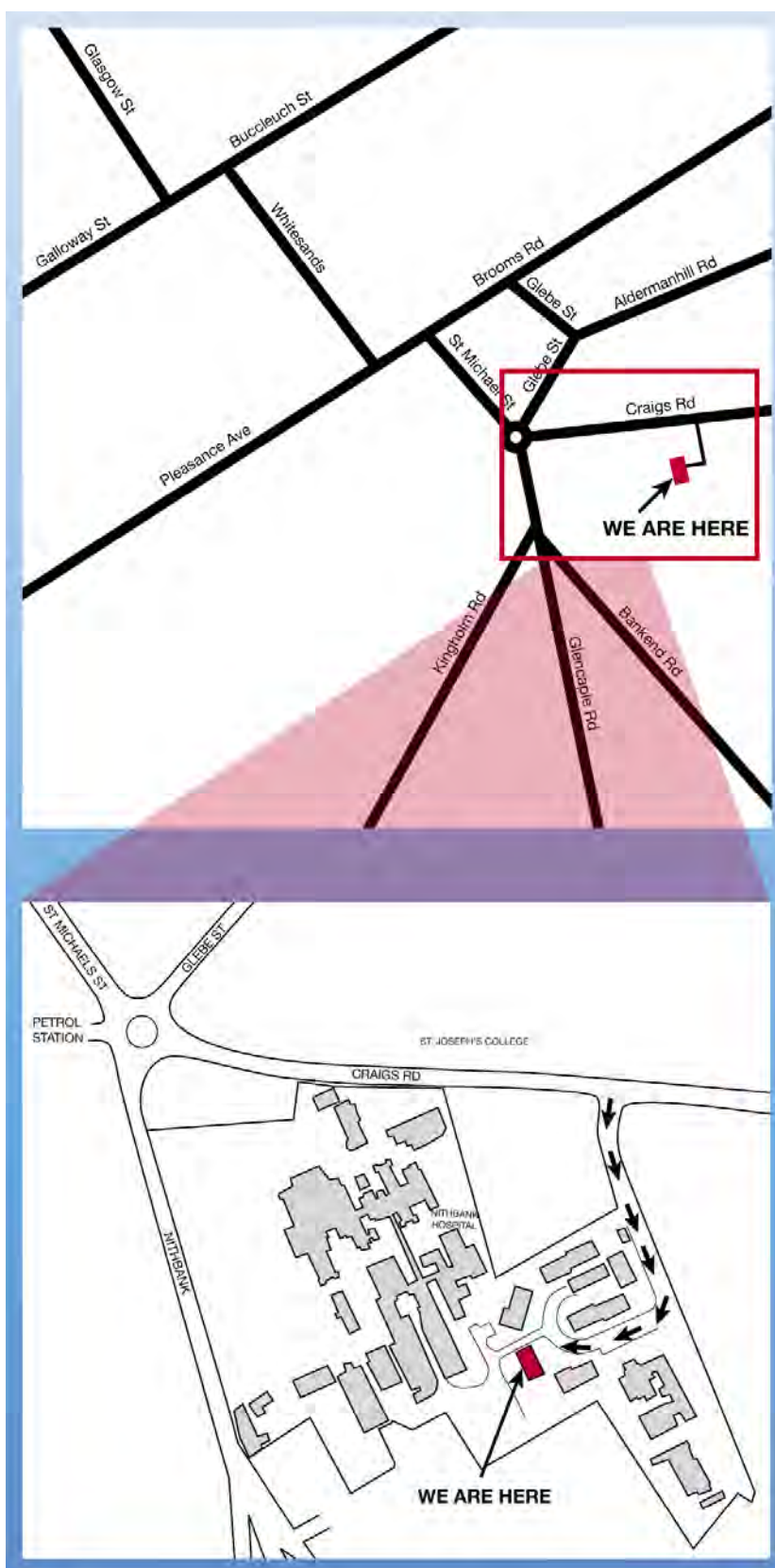
www.c4urself.org.uk

What do we offer?

A confidential service with the option of anonymous testing whatever your age, gender or sexual orientation.

- All methods of contraception are discussed and supplied free of charge
- Condoms, dams and lube
- Emergency contraception
- Pregnancy testing and termination referral
- Prophylaxis for HIV and Hepatitis B following high risk sexual exposure including sexual assault
- Hepatitis B immunisation
- Psychosexual counselling
- STI (sexually transmitted infection) testing and treatment—do not pass urine 2 hours before testing

How to find us:



**Send us your news for the next issue,
due April 2011**