

Sexual Health D&G



Issue 15
December 2011

Welcome to issue 15 of the Sexual Health D&G newsletter. As the year draws to an end, we would like to wish all our readers a Merry Christmas and very best wishes for the New Year.



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Sexual Health Week
'Let's Talk About Sex
What's New 4U?'
23rd—29th January 2012



This is Dumfries & Galloway's 5th consecutive sexual health awareness week. Sexual Health D&G moved into their new premises, at Nithbank, in 2009. Since then Sexual Health D&G has continued to develop and expand. The aim of this year's awareness week is to promote what is new from Sexual Health D&G and promote that the service is inclusive and non-judgemental. It is also an opportunity for our partners to consider how they could embrace what is new and what could be of benefit to their service. Packs will be available early January 2012

Spotlight On... HIV Wake Up Project



HIV Wake Up - Dumfries and Galloway new project

provides online outreach to men who have sex with men (20-40yr olds) across Dumfries and Galloway with a focus on Dumfries and Stranraer.

The project is staffed by Dumfries and Galloway LGBT Centre & Sexual Health D&G. It provides advice and support online, and drop-in testing services at Dumfries and Galloway LGBT Centre. Project staff can provide testing for HIV, Hepatitis B and C, as well as signpost men for Hepatitis B immunisation at NHS Services. Pop along on a Monday or Friday evenings between 5-7pm for a confidential chat and testing delivered by staff at Sexual Health D&G

LGBT Centre staff can deliver dry blood spot testing (no scary needles!), hand out postal testing kits for Chlamydia and Gonorrhoea, and free condoms and lube.

'Why should I get tested?'

If you are a man who has sex with men, you could be more at risk of becoming HIV positive. How at risk? Sexual contact between men accounts for 71%* of HIV cases recorded in Scotland.

*Health Protection Scotland - HIV Infection and AIDS: Overview (based on cases reported since 2004).

Getting an HIV test regularly - ideally at least every six months - provides peace of mind and helps you stay healthy. And the earlier HIV is diagnosed, the better the treatment options and the longer your life expectancy. **Get tested today.**



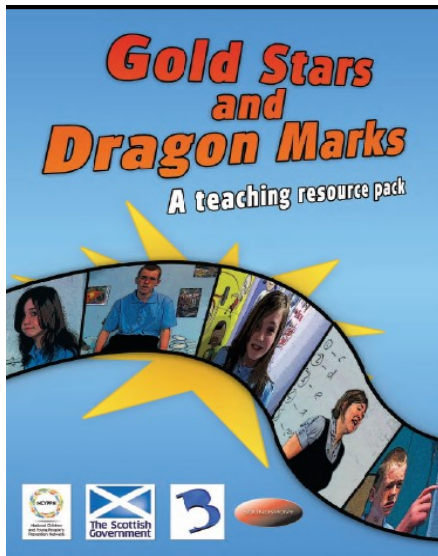
Sexual Health Services in Scotland

The National Standards for Sexual Health were published in March 2008. All NHS Health Boards submitted a self assessment and were visited to assess performance against the standards. The National Overview of Sexual Health services was published in November 2011. The report highlights that significant progress has been made in the following:

- Raising the profile of Sexual Health services
- Improving the individuals experience
- Providing more suitable accommodation for clinics

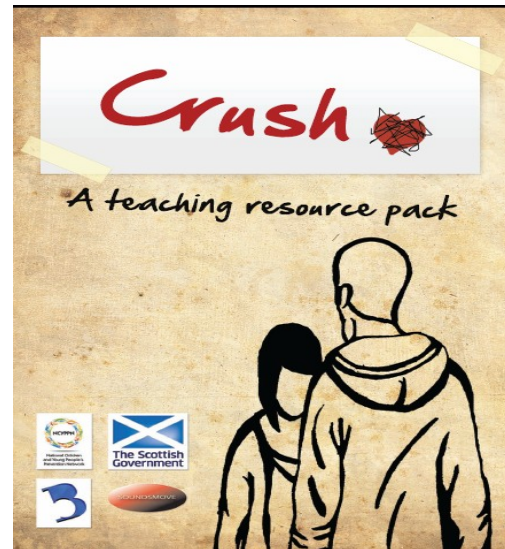
Read report [here](#)

New Resources—DVD's



'Gold Stars and Dragon Marks' is aimed at P4 pupils and above. It is about growing up with domestic abuse at home, trying to hide the secret at school to avoid being bullied because of it, and keeping the bullying a secret as well.

More information available from Luis Pombo Luis.Pombo@dumgal.gsx.gov.uk or click [here](#)



'Crush' is aimed at S3 pupils and above. It is about being a teenager and being in a relationship of domestic abuse. The play begins with a girl having a crush on her friend's brother and then progressing to them dating and him controlling her

'SHRINK RAP'

'Scotland is way behind England and Wales with regards to provision of Talking Therapy for Children and Young People': British Association Counsellors and Psychotherapists (BACP, June 2011)

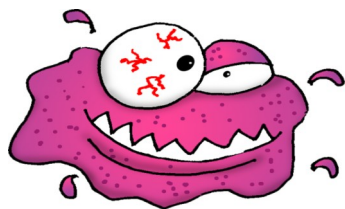
"Shrink Rap: Skype Therapy" will provide access to talking therapy via Skype/online for 16-25 year olds across Dumfries and Galloway. In addition, Shrink Rap will deliver Structured Therapeutic Interventions/Activities once a month i.e. Drama Therapy, Music Therapy, and Art Therapy.

The Holywood Trust has funded this New Initiative in conjunction with Alcohol and Drugs Support South West Scotland [ADS] to deliver this much needed exciting new initiative to Dumfries and Galloway.

The project will be offered to 16-25 year olds four nights per week (Tues-Fri) for two hours each night. The project will be staffed by the Project Leader/ Psychotherapist (Lili Culbert) and a Second Counsellor/ Therapist (TBC)

Workshops will be offered one per month for two hours and will be staffed by the Project Leader and a Drama/ Creative Art Therapist.

This service is free and confidential and you do not need to have alcohol or drug problems to access Shrink Rap. Simply contact Shrink Rap on 07787 255553 or 01556 502141 alternatively email shrinkrap@adssws.co.uk for more information or to make an appointment.



GONORRHOEA

Sexual Health Dumfries and Galloway have witnessed this year an increase in the number of patients with gonorrhoea. Some of this rise may be due to the introduction of the combined Chlamydia and Gonorrhoea test in the region. However many other services in

Scotland who have had these new tests for some time are also seeing an increase.

Many people with gonorrhoea have no symptoms but can still pass the infection on to their sexual partners and are still at risk of complications. When symptoms are present these may include vaginal or urethral discharge, abdominal or testicular pain and rectal discharge or pain.

The good news is that we can test for gonorrhoea on urine samples in men and self taken vaginal swabs in women and good treatment is available.

The risk of catching gonorrhoea can be reduced by the use of condoms and other safer sex measures.

'BIG WORLD'



ANNANDALE and Eskdale's S4 pupils have been given vital skills to survive in the Big World through a police-led initiative. The interactive sessions for pupils covered topics from alcohol and drugs awareness to risky behaviour on a night out, staying safe and sexual health and relationships.

Scenes were set to show pupils some of the realities and risks of today's lifestyles. A variety of agencies were

involved including NHS D&G, Annandale and Eskdale Safe and Healthy Action Partnership (SHAP), Dumfries and Galloway Fire and Rescue Service, Integrated substances Services. Comments from young people attending included:

'The Big World experience has made me more aware of these issues'

'It's made me think more of my actions and responsibilities I have'

'I learned stuff I will use for life and can be safe when out and know what to do'

Parents and Carers of the pupils were also invited to attend a presentation of Big World. Comments from those who attended included:

'The Big World is a great programme, wasn't sure what to expect, but I think it provided the 'shock' factor and achieved what it meant to.'

'Really opened my eyes'

'The input of the professionals made you acutely aware of all the problems.'

'It has made me more aware of the temptations young people have to deal with'

SEXUAL HEALTH ANNUAL UPDATE

Thursday 3rd November 2011 was the date of this years Annual Sexual Health Update held at the Post Graduate Education centre, DGRI.

The event was ever popular with 67 attendees from various settings including, 22 GP's representing 16 practices across Dumfries and Galloway (D&G), Practice Nurses, Medical Staff, both in Training and from DGRI, Midwives, Mental Health Services and Microbiology.

This year's guest speaker was Dr Gerard Gorman from Sandyford, Glasgow. Dr Gorman gave a very informative presentation on Genital Dermatoses. This was followed by Anne Westgarth (Microbiology) talking about Dual NAAT testing for Chlamydia and Gonorrhoea in D&G, and Dr Janice Allan linked onto this presenting, "The Story so far", Gonorrhoea diagnosis and management in D&G.

The final speaker of the evening was Dr Laura Jones who gave an extremely witty presentation entitled, from "Pox and Pearls to pills and 'P' test", a history of the development of sexual health services in D&G.

The evaluation of the evening was extremely positive with many of the participants commenting on the excellent content and relevance to practice.



ANNUAL NATIONAL WISH CONFERENCE.

This will be NHS Health Scotland's first ever virtual conference and is being held on Wednesday 25th January 2012. The conference will focus on 'The Sexual Health and Blood Borne virus Framework' 2011 -2015.

Sexual Health Outcome 4 (Sexual relationships are free from coercion and harm). There have been two practice runs for the event. The programme will include: the learning from US based youth development programmes; the benefits of early years work, particularly in relation to developing children's skills and capacities to manage relationships throughout their lives; ChildLine in Scotland's findings on alcohol and teenage sexual activity and the role of professionals in identifying and responding to gender-based violence. The conference will be opened by Michael Matheson, the Minister for Public Health, and will conclude with video clips from this year's WiSH Award winners.

If you wish to register and access it from your own computer at work or at home ... then please register. Registration is open until 10th January 2012. More details [here](#)

Sound familiar?

You're useless!

You can't do anything right!

You're pathetic!

I want to know how much you've spent!

You're not wearing that!

Sorry, you know I love you. I can't live without you...

Emotional abuse...No excuse...

Domestic Abuse and Violence Against Women Partnership
Working Together in Dumfries and Galloway



If you are suffering from Domestic Abuse or know someone who is, call someone now...

Police 0845 600 5701

National Domestic Abuse Helpline 0800 027 1234 (24hr)

Sexual Health D&G: Clinics and Drop-Ins For Xmas & New Year

All C2U's drop ins closed over Xmas 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 & Tues 26th & 27th Dec 2011

and

Mon & Tues 2nd & 3rd January 2012

Free Emergency Contraception & Chlamydia & Gonorrhoea testing kits available at all pharmacies across the region.

or go to www.c4urself.org.uk



www.c4urself.org.uk

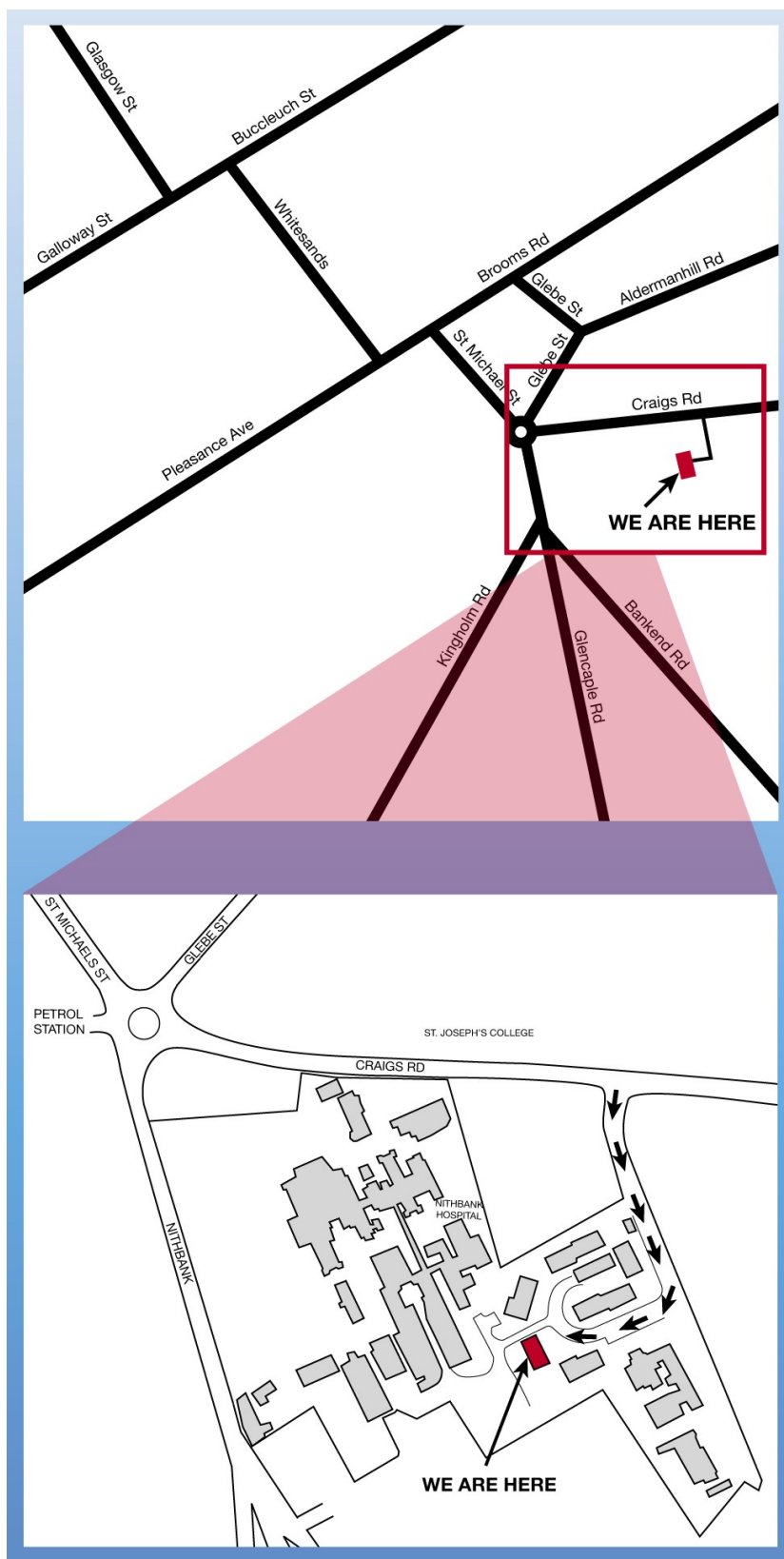
What do we offer?

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 1 hours before testing

Telephone Helpline
Monday to Friday
1.00pm—2.00pm
Mobile: 07736 955 219

How to find us:



Nithbank
Dumfries
DG1 2SD
Tel: 08457 023687
Email: dgsexualhealth@nhs.net

Send us your news for next issue due April 2012