



Issue 16  
April 2012

# Sexual Health D&G

Welcome to issue 16 of the Sexual Health D&G newsletter. This issue has a lot of links to research and resources pertinent to the broader determinants of sexual health.



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## RESEARCH

A recent UNICEF report (2007) placed the UK, as a whole, at the bottom of a table of child wellbeing in rich countries. In response to this the Adolescent and Young Adulthood Working Group of the Scottish Collaboration for Public Health Research and Policy (SCPHRP) identified the use of interventions to address multiple risk behaviour in young people as a priority. The focus was on cigarette smoking, illicit drug use, sexual risk behaviours and alcohol. Two cohort studies were carried out within Glasgow City Region and compared. The results would suggest that there has been an increase in drinking, illicit drug use and risky sexual behaviour by girls. Click [here](#) for full report.

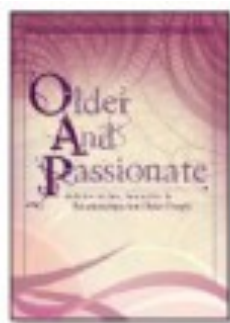
In February 2012 SCPHRP and Health Scotland co-hosted an Adolescent Health and Risk Behaviours Symposium. The Symposium focused on policy, research and practice relating to adolescent health and risk behaviours and provided a wealth of informative presentations from a variety of speakers, as well as panel discussions and opportunities for Q&A. Click [here](#) for all presentations.

Scottish Schools Adolescent Lifestyle & Substance Use Survey (Salsus) produced a report 'Smoking, drinking & drug use among 13 & 15 year olds in Dumfries & Galloway (2010). Unfortunately sexual health was not included (nationally instigated) but this report still provides interesting statistics. Click [here](#)

## NEW SEXUAL HEALTH RESOURCES



This new Sex and relationship pack has five booklets designed for people with learning disabilities. They use easy words and pictures to encourage understanding around sexuality, awareness of safe sex and personal safety. They can be used to support and open discussion around these subjects. Click [here](#) for more information



Sex is not only for the young. This resource looks at, and acknowledges the diversity of sexual relationships, and offers information and support to help older people feel confident about being sexually active. Sheffield Centre for HIV & Sexual Health. Click [here](#) for more information



The Women's Support Project is a feminist voluntary organisation, recognised as a Scottish Charity that was set up in 1983. The Women's Support Project 'aims to raise awareness of the extent and effects of violence against women and children and support those who have been affected by violence.' These short booklets are aimed at parents/carers and those working with young people. For more information and to download these excellent resources click [here](#)



## SEXUAL VIOLENCE

Research and statistics demonstrate that it is mainly females who experience sexual violence. However, it knows no boundaries and can occur to anybody irrespective of gender, age, sexuality, class, race, disabled or able bodied. It can take many forms such as obscene phone calls/texts, being made to watch or take part in pornography, sexual harassment at work/school and rape.

**South West Rape Crisis & Sexual Abuse Centre** was set up in 1996 to provide support and counselling to women and young women in Dumfries & Galloway who had experienced sexual violence. They now offer the same service to males as well as long term or short term emotional support, practical information and advocacy to survivors' of sexual violence and their non abusing partners, families and friends. Telephone 01387 253113 or click [here](http://www.rapecrisisscotland.org.uk/publications/) for more Information.

These leaflets have been produced by Rape Crisis Scotland and can be downloaded from <http://www.rapecrisisscotland.org.uk/publications/>



**Families  
and  
friends**



**Rape and  
Sexual  
Assault**



**Police  
and Legal  
Advice**



**Families  
and  
friends**



**Drug  
Assisted  
Sexual  
Violence**

**HELPLINE**

**08088**

**01 03 02**

voice and minicom

open daily: 6pm – 12 midnight

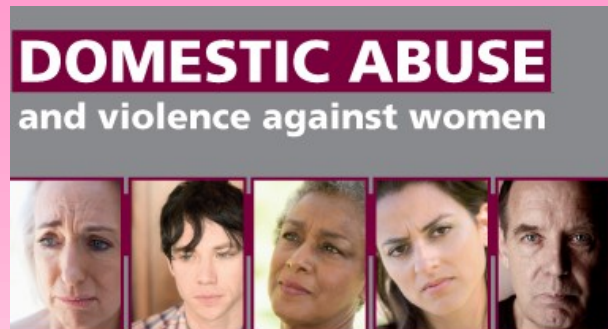
## YOUNG PEOPLE'S ABUSIVE RELATIONSHIPS

Domestic violence or abuse is often associated with adults and there is a wealth of evidence available. However, young people can find themselves stuck in unpleasant or abusive relationships with a partner as well but there is little published about this. The NSPCC conducted the first UK research on this issue in 2009. 1,353 young people, between 13 and 17 years old, from eight schools in England, Scotland and Wales took part in the study. The research explored young people's experience of emotional, physical and sexual forms of violence in their intimate partner relationships. For full report click [here](#)

### Sexual Partner Violence

- One in three girls and 16 per cent of boys reported some form of sexual violence
- 70 per cent of girls and 13 percent of boys stated that the sexual violence had negatively impacted on their welfare
- The majority were single incidents. However for a minority of young people, sexual violence was a more regular feature of their relationship
- Some anomalies existed with regard to boys responses, which may call into question the validity of some of the findings on male sexual victimisation

## Domestic Abuse and Violence Against Women Strategic Framework 2012-15



The Domestic Abuse and Violence Against Women Partnership (DAVAWP) is developing their Strategic Framework and Action Plan for the period 2012-2015.

These will be published soon on the [DAVAWP Website](#). The Partnership will welcome your comments.

To let us know your views on the Strategy and Action Plan, please contact: Kerry Herriott - Development Officer DAVAWP - [Kerry.Herriott@dumgal.gov.uk](mailto:Kerry.Herriott@dumgal.gov.uk)



## PARTNER NOTIFICATION FOR SEXUALLY TRANSMITTED INFECTIONS

Our Sexual Health Specialist Nurse Janet Wallace has retired after many years working within Sexual health. Janet came to us in with many years nursing experience and was instrumental in the development of our partner notification service PN starting in 2005 on this specific project. Over the years she worked in the department she acquired an extensive working knowledge particularly in relation to Sexually Transmitted Infections and the Genito urinary arm of Sexual Health.

Her most recent project was offering help and assistance to our colleagues in Primary care in developing their own partner notification systems.

PN will carry on with Elaine Currie one of our senior nurses taking over the major responsibility for this and coordinating this part of our service.

It is a HUGE task and we have looked at the way it is managed within Sexual Health and now use a team approach to PN. Any one wishing to contact Elaine or other members of the team can do so on 0845 702 3687.

We will all miss Janet and wish her well in her retirement.

## LEARNING DISABILITIES

As part of our Hard to Reach Work the department is working very closely at the minute with colleagues in the Learning Disability Service looking at ways in which people with LD can access Sexual health services more readily .

More people with LD are living meaningful and independent lives, with support from family members and from staff within LD in their own communities. Sexual health is one aspect of their lives that many are now wishing to explore and both services are keen to facilitate this. Increasing awareness of positive sexual health amongst people with LD is key to this development.

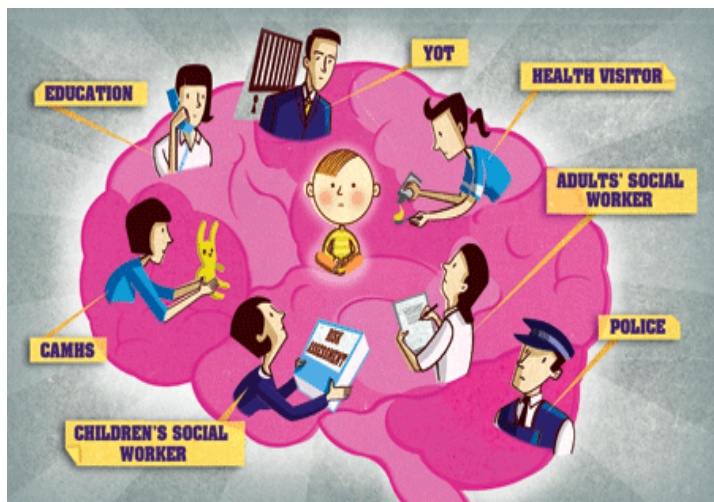
Staff within both services have undertaken training to increase knowledge and understanding of LD and sexual health, this has been tailored to each departments needs with more training to take place in the future.

Fiona Gleghorn who has a particular interest in LD is working with nurses from the Transition team within LD to look at resources available which will make this aspect of life easier for young people to navigate.

We all look forward to this new and exciting challenge.

Should anyone wish to discuss what we can offer Learning Disabilities or any other Hard to Reach group within the wider community please contact us [fiona.gleghorn@nhs.net](mailto:fiona.gleghorn@nhs.net)

## MULTI AGENCY SEXUAL HEALTH TRAINING (MASH )TIER 1



Sexual health D&G has offered MASH training since 2001 and in the last 3 years 250 people from various agencies have undertaken the full days training. The training covers: contraception, STI's, Sex and The Law, self esteem and risk taking behaviour. The training has always evaluated very well with comments such as:

*'Very helpful and informative, great mixed group of people'*

*'A good day, good content and experiences trainers.'*

*'Found whole event really enjoyable, informative and appropriate to my current role'*

The next date for MASH Tier 1 is 15th November 2012 in Dumfries. Application flyers will be available nearer the time. This training has always been free and will continue to be. However, due to people cancelling at the last minute or not turning up we will be levying a £30 administration charge for those cancelling within 48 hours notice or not turning up on the day.

MASH Tier 1 can be tailored to suit organisations and has been delivered to groups such as Midwives, Practice Nurses, Post graduate Students, Police, Social Services. . If any organisation is interested in this training please contact Fiona Gleghorn (fiona.gleghorn@nhs.net) to discuss.

MASH tier 2 has been piloted with staff from Sexual Health D&G. This day looked at self esteem and risk taking behaviour in more depth. We were fortunate to have input from Angie Whitelaw and Lara Mathews (CAHMS) and Ana Sim (Clinical Psychologist). The pilot demonstrated that MASH 2 can be developed and rolled out to those interested.

## THE BIG WORLD EXPERIENCE

Dumfries High School recently held a 'Big World' Experience for their 3rd years. Senior pupils from the High School presented a short play depicting a night out and the consequences of peer pressure, drugs, alcohol unprotected sex, and drink driving. The pupils then attended workshops on Sexual Health, Smoking Matters, Fire Safety, Integrated Substance Service, Drugs & Alcohol, Paramedics/A&E, Internet Safety and Shared Responsibility to gain a deeper understanding of the issues they had witnessed in the play. This was the first time 3rd years have been given the opportunity to take part in the 'Big World Experience' and the S3 pupils, who conducted themselves in a mature and positive manner, seemed to enjoy the experience.

## LGBT—What's On: Dates for your Diary!



Check out the [calendar](#) section of our LGBT website for full listings of what's on offer. Here's a sample:

- Our very popular Dumfries adult Drop-in on Mondays from 6-8pm: informal social drop-in to have a cuppa and a catch up with friends.
- Download our online outreach & support team meet on Monday evenings 6.30-8.30pm to provide online support for young people. Add [Dow n Load](#) as a friend on Facebook.
- Phoenix LGBT Youth Group from 7- 9pm on Tuesdays and Phoenix drop-in from 4-6pm on Saturdays
- Our adult Volunteering programme from our Dumfries Centre on various Thursdays from 6 -8pm with regular training courses and social events - check out the [calendar](#) for more info
- Our West Wing drop-in in Wigtownshire, runs the 2<sup>nd</sup> Thursday of each month - get in touch for details
- Our East-Enders drop-in in Annandale & Eskdale, runs the 2<sup>nd</sup> Wednesday of each month, currently at Annan Fire Station - get in touch for details
- Our Wee Chill mental health and wellbeing group for LGBT adults and friends in Dumfries & surrounding areas, which now meets every Friday 7-9pm at the centre
- Out 'n' About social network for social opportunities for LGBT adults in the area, cycle and walking events coming up - check out [this link](#) and post your own gatherings/ events on the forum
- Our over 50s and friends Social Group, meeting the 1<sup>st</sup> Sunday of each month,
- TG Times, our group for transgender people, meeting the 1<sup>st</sup> Saturday of each month in the Stewartry, get in contact for venue details

## SHAX

'Homemaking with the Homeless in Dumfries'  
Redistributing & Recycling Furniture & Household Goods  
A new local charity - SCIO42940



SHAX is a new Dumfries based charity for local homeless people headed-up by a local Trustee partnership which includes APEX, SACRO, ADS and CCH. It was opened by Russell Brown MP and Elaine Murray MSP o Friday 27<sup>th</sup> April 2012

The new charity is based at 'The Old NHS Laundry' building on the Crichton Campus - providing ample space for the storage; distribution and logistics for the prompt supply and home delivery of emergency household furniture and essentials for those in need locally.

Very affordable furniture and household goods are also available - on a donation basis and by appointment only - for the supply and delivery of household essentials to local low-income households.

*Help us to put homelessness issues and SHAX in the public eye!*

SHAX is currently without its own telephone line but contact for deliveries/collections during office hours can be made via Garden Care on 01387 265475.



[www.c4urself.org.uk](http://www.c4urself.org.uk)

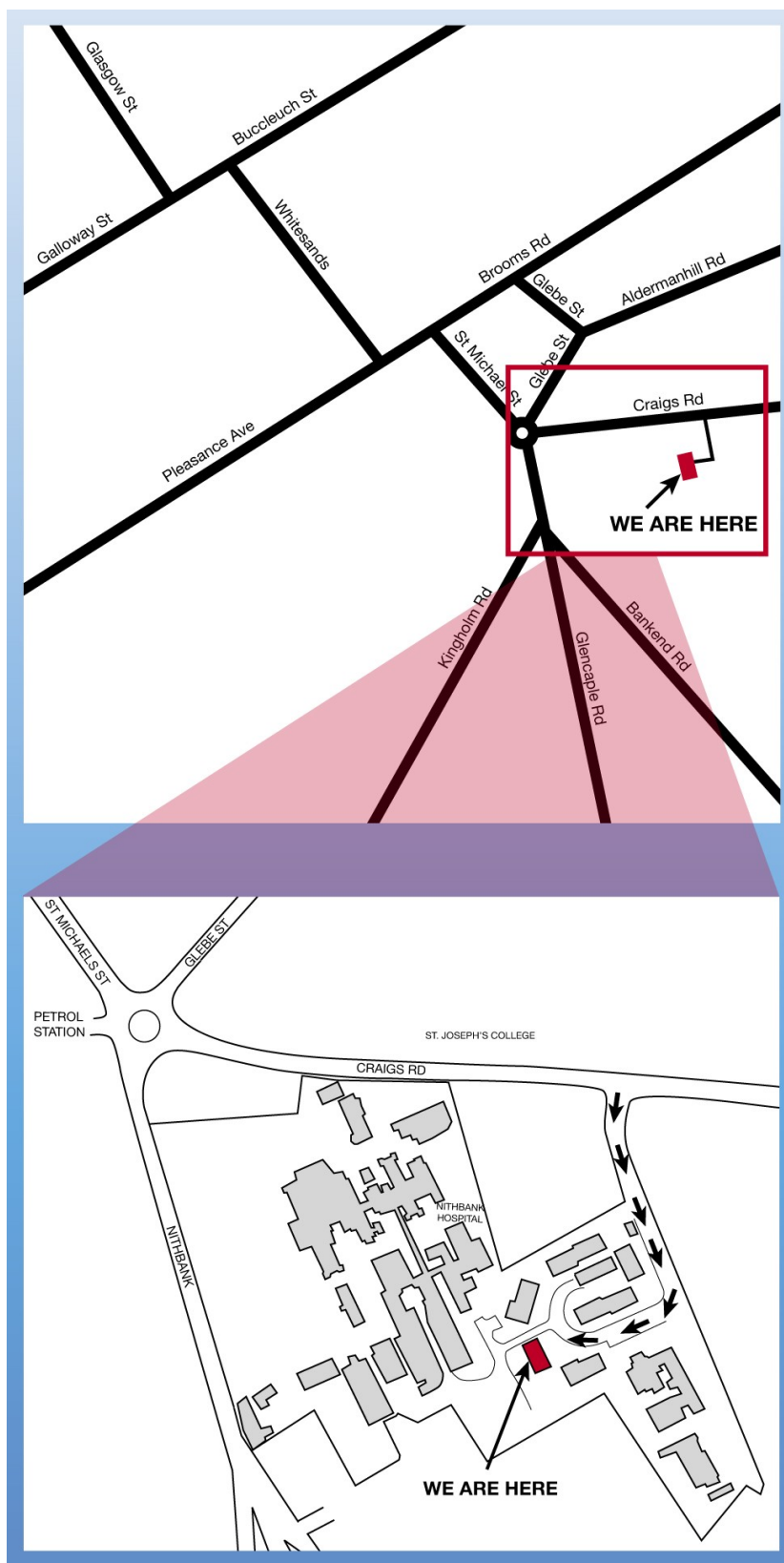
### What do we offer?

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](mailto:dgsexualhealth@nhs.net)**

Send us your news for next issue due August 2012