



Welcome to **Issue 19** of the
Sexual Health D&G Newsletter.



Issue 19
May 2013

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New – Electronic Kiosk in Sexual Health clinic

Our electronic kiosk is finally working! The purpose of the kiosk is to allow clients to self complete their own risk assessment for STI's. This will save time for the client and cut down some of the embarrassment of having to answer these questions face to face i.e. it is a form of 'no talk testing'.

Clients attending the drop-in (9am-10.30am) will be encouraged to use the kiosk if they **ONLY** wish STI testing and don't have any symptoms. Once they have completed the questionnaire at the electronic kiosk they will take a seat before being called through by a healthcare assistant who will arrange testing relevant to their risk assessment. This will likely be tests for Chlamydia and Gonorrhoea (urine for males and a self taken swab for females) and blood tests for HIV / syphilis and Hepatitis B&C. The client will be given a card with a phone number to obtain their results 24/7.

The kiosk service is not suited to those with symptoms of an STI, those who have been in contact with an STI or men who have sex with other men, as they will need some additional tests and may need treatment on the day.

Those attending outwith the drop-in for testing will also be able to use the kiosk and take their own samples for Chlamydia and Gonorrhoea. Testing for HIV etc will only be available if there is a Health Care Assistant on duty at the time. It is important that males have not passed urine for 1 hour before their urine test.

New – online self assessment click [here](#)–

Check out this link to see if you need testing for Chlamydia, gonorrhoea, HIV, Syphilis, Hepatitis B or C. If you do need testing, you will be informed as to where you can get this testing. Please can you promote the use of this link to your client group. We welcome any feedback on this tool.

'Let's Talk About Sex - Shades Of Pleasure'
Dumfries and Galloway's Sexual Health Week
21st -27TH January 2013



Update



Sexual Health D&G caused quite a stir with its 5th annual **Sexual Health Week** entitled 'Let's Talk About Sex - Shades of Pleasure'. A range of materials to support our partners to work with their clients around positive sexual health were uploaded to our website www.c4urself.org.uk. As a result of the local Police's Face book page featuring the information, a considerable increase in hits to our website occurred. Some of the national papers including **The Sunday Mail, The Daily Record and The Sun** picked up on the campaign and unfortunately did not present a very positive picture. However, this negative coverage had the opposite effect and the story went global with three newspapers in India picking up the campaign. We also received emails from people as far afield as Australia who were interested in the awareness week. With all this publicity the website enjoyed a 100% increase in hits with the Sexual Health Week pages being the top pages accessed. The website was visited by people from the UK, India, Canada, USA, Poland and China. In total we had 1000 more visitors to the website than the previous Sexual Health Week in 2012.

Dr Neil Kelly, the *Putting You First* Clinical Lead for the Annan Pathfinder, is doing his bit for building community resilience in the area with a regular slot on Annandale TV. Every Tuesday Dr Kelly presents a new health topic for online show *Your Health Matters* at www.annan.tv. Annan TV helped promote the 'Shades of Pleasure' theme by showing an interview with Dr Neil Kelly and Fiona Gleghorn, Lead Nurse in Sexual Health, about the campaign. The interview can be viewed [here](#).



A successful sexual health quiz was held at 'Wh? Not' in Dumfries. Around 50 people turned up to test their sexual health knowledge and the night was so successful that it will be repeated later in the year. The staff also composed a song for the Sexual Health staff which was performed on the evening and there are plans to record the song at Sexual Health D&G and upload it to You Tube.

The toolkit of resources from Sexual Health Week 2013 are still available to download from www.c4urself.org.uk so if you missed the opportunity to work with your clients or service users on positive sexual health you have a second chance! The toolkit includes:

Tips on Keeping the passion alive

*Sex is good for you! The health benefits of sex

*Quiz—Pleasure: Myth or fact

*Interesting facts you never knew about sex!

*Young people and pleasure

*Darker shades of pleasure



Check out www.c4urself.org.uk for more details.

HAVE WE MET BEFORE?

CONFIDENTIAL

Sexual Health Clinic

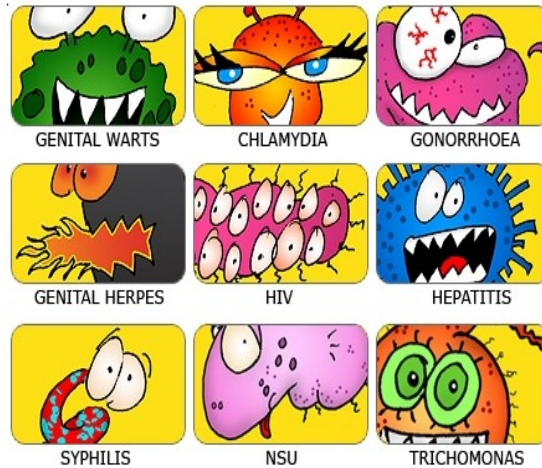
Held at Galloway Community Hospital, STRANRAER
(No appointment necessary)

Just ask for the Drop-in
at the Outpatients Dept.

On Monday 5.00 – 630pm
Wednesday 10.30 – 11.30 am

Appointments available on
Wednesdays

before and after Drop In at the
Galloway Community Hospital
including over lunchtime.



CONFIDENTIAL

Sexual Health Clinic

At the back of Nithbank
(Entrance off Craigs Rd)
(No appointment necessary)

Just Drop-in

On Mon– Fri 9.00 10.30am
Mon 4.30—6.30pm

Appointments available
at other times

For appointments telephone 08457 023687 between 9.00am and 4.00pm

We offer testing and treatment of any STI for both men and women of all ages and sexual orientations

Translation service available

Sexual Health D&G are seeing more men and women with gonorrhoea. It is likely this is not entirely explained by the use of improved diagnostic tests (the NAAT test for Chlamydia was replaced in July 2011 with a dual test for both Chlamydia and Gonorrhoea) but also a true rise in the number of infections as seen across much of the rest of Scotland.

Similar to genital Chlamydia infection, gonorrhoea can be present without symptoms. It has a higher complication rate. We would encourage anyone who thinks they are at risk to be tested e.g.

- * People with symptoms
- * People told by a current or former sexual partner that they have a sexually transmitted infection,
- * People who have been contacted by a sexual health service asking them to be tested.

People may also wish to have a test if:

- * They recently have had sex without a condom (or a condom burst or leaked).
- * Their risk of infection in a new or casual relationship will be much greater than in a long term relationship
- * They or their partner have had sex without condoms with other partners

There are significant global issues with multiple drug resistance and national guidelines concerning choice of therapy should be strictly observed. To facilitate this in D&G it is recommended all cases of gonorrhoea are referred to Sexual Health D&G (as indicated on the report received from microbiology). Senior clinical staff are usually readily available to advise health care professions in the community and if required this can be done without revealing a patients identify. Approximately half of all cases in the past year have originally been diagnosed in primary care but all have been managed with a sexual health or infectious disease setting.

New Action Plan for Improving Sexual Health in Dumfries and Galloway

The **Dumfries and Galloway Sexual Health Strategy Implementation Group (SHSIG)** is responsible for the delivery and monitoring of the **Dumfries and Galloway Sexual Health and Blood Borne Virus Action Plan 2012-15**. A multi-agency group, the SHSIG includes members from Sexual Health D&G, DG Health and Wellbeing, Pharmacy, Midwifery, Public Health Nursing, Alcohol and Drugs, Education, Social Work, Criminal Justice, the Police and various third sector organisations.

The D&G Sexual Health and Blood Borne Virus Action Plan reflects the national Sexual Health and Blood Borne Virus Framework and aims for people in Dumfries and Galloway to experience optimum sexual health and wellbeing. The five intended outcomes are:

- * fewer newly acquired blood borne viruses, sexually transmitted infections and unintended pregnancies;
- * a reduction in sexual health inequalities;
- * people affected by blood borne viruses lead longer, healthier lives;
- * sexual relationships are free from coercion and harm;
- * a society where attitudes towards sexual health and blood borne viruses are positive, non-stigmatising and supportive.

The Action Plan can be viewed in detail [here](#).

To find out more about the Action Plan or Strategy Implementation Group's work contact Laura Gibson (Chair), Health and Wellbeing Specialist, on 01387 272751 or email lauragibson1@nhs.net.

RELATIONSHIPS SCOTLAND



We offer the following services throughout Dumfries & Galloway
All our services are confidential.

- Relationships Counselling
- Sexual Relationships Therapy
- Family Mediation
- Child Contact Centres - Dumfries & Stranraer

For further information about any of the above services please telephone:

01387 251 245

or email us on: info@relationships-scotlanddg.org.uk

Scottish Charity Number SCO8795



Tackling Teenage Pregnancy in D&G

Health and Sport Committee Inquiry into Teenage Pregnancy

In January, the Scottish Government's Health and Sport Committee launched their Inquiry into Teenage Pregnancy in Scotland. The Inquiry aims firstly to assess whether action in Scotland is adequate to bring about real and sustained reductions in unplanned teenage pregnancies, and secondly to explore what action may be required to support young people at risk of pregnancy and young people who have a baby. Dumfries and Galloway Council and NHS Dumfries and Galloway submitted a joint response to the Inquiry. Read it, along with all the others [here](#). The Committee will report its finding in May 2013.

WISHH

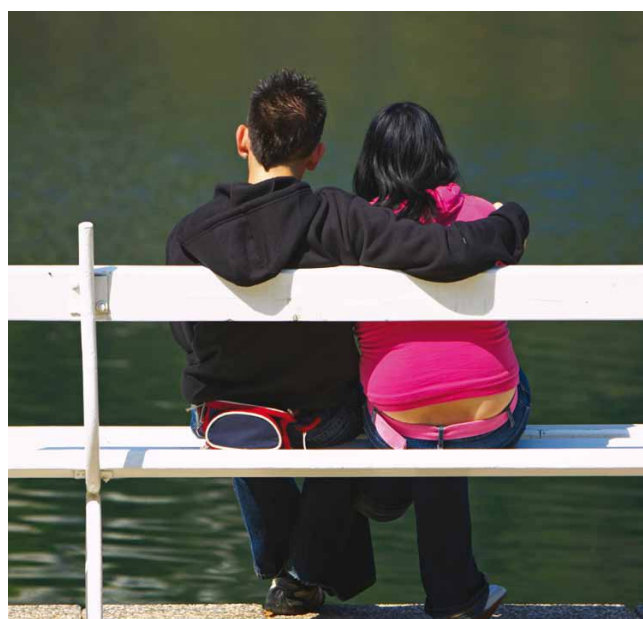
Wellbeing in Sexual Health and HIV

Teenage Pregnancy: Not Just a Sexual Health Issue

On 19th February 2013, Laura Gibson, Adele Hannah, Natalie Potts and Deborah Syme attended the WISHH "Teenage Pregnancy: Not just a sexual health issue" event in Edinburgh to explore how to address teenage pregnancy from a wider perspective. Presentations on the day included:

- The wider context of children and young people's health.
- Sexual health promotion for young people
- The role of the national Parenting Strategy.
- Working in partnership.

With plenty of time in the programme for round table discussions, topics included: working with teenage parents; addressing teenage pregnancy in the wider context; and learning from the day including actions to take locally and nationally. You can view all⁵ of the presentations from the event [here](#).



In 2011 the Sexual Health Strategy Implementation Group undertook an assessment of work to reduce teenage pregnancy across D&G, using the Learning and Teaching Scotland Guidance and Self Assessment Tool. A one year multi-agency Action Plan was developed which aimed to build upon efforts to reduce the number of teenage pregnancies in the region.

The Strategy Group are about to begin a second self assessment and will contact all partners whose work contributes to this complex area. If you would like to find out more please contact Laura Gibson, Health and Wellbeing Specialist on 01387 272751 or email lauragibson1@nhs.net.



SEXUAL HEALTH (BITE SIZE) TASTER SESSIONS
in the Meeting Room at Sexual Health D&G,
Nithbank, Dumfries, DG1 2SD
Telephone 0845 702 3687

Unfortunately the sessions advertised until the end of June 2013 have had to be cancelled. There will be new dates available in Autumn 2013 and they will be advertised in due course.

we can arrange a taster session for a group of staff at a time/place to suit you.
All sessions are free of charge.

PLEASE NOTE: This session is **not** for those who have completed MASH Tier 1 or C Card training.

For further information on these sessions please email
dgsexualhealth@nhs.net



Below are the identified dates that LGBT are running their Charter Mark drop ins. This is your chance to check in with them about the progress of your charter and they are particularly useful for you to be able to meet other charter clients, not only to network generally but also to share resources and ideas as many of you will be working towards similar activities in the journey towards achieving your LGBT Charter Mark Award.

**LGBT Centre, 88b High St Dumfries - Quarterly
on Mondays (15th April, 15th July, 21st Oct, 20th Jan 2014)
Newton Stewart Community Centre (coffee room) - Quarterly
on Wednesdays (17th April, 17th July, 16th Oct, 15th Jan 2014)**

Drop-in 'slots' will be 10am; 11.30am; 2pm; 3.30pm - it would be useful to know in advance which slot you would like to attend on each date to ensure there is no over-crowding!

A social activity programme for LGBT adults called 'Out and About' is being launched and will also be running capacity building training for anyone who wants to set up their own LGBT group or activity. The dates of all activities and how to sign up can be found via www.lgbtcentredg.co.uk/calendar and www.lgbtcentredg.co.uk/opportunities/outandabout

Also to say Julie-Ann Karayilan will now be working full time on youth work from so any issues relating to young people should be directed to Julieann.karayilan@lgbtyouth.org.uk



Need Tay Know



NHS Tayside has launched 'Need Tay Know', a sexual health smart phone app for young people aged 13 – 25. Available to download on Apple and android Smart phones along with versions for Apple and android tablets., it was designed and developed in partnership with local youth group, Youth Talkin' Health and the Sexual Health and Blood Borne Virus Managed Care Network (MCN) in Tayside. The app provides information about sexual health services including what can be provided, where services are provided and how to access services using maps and GPS functionality. It also contains information on a host of topics relating to sex and relationships including pregnancy, sexually transmitted infections, what the risks are and how to stay safe.

Childnet has launched their new website found at www.childnet.com, the new website has been designed to better support Childnet's key audiences of children and young people as well as teachers and professionals and parents and carers. The website features a new interactive resource matrix, in which users can search for advice and support according to both audience and topic.



Highland E-Safety Group has produced a 4 page article called [Be Safe and Keep Others Safe When Online](#) which offers guidance for parents and carers on keeping their children safe. It has been written to reflect a balanced approach, acknowledging the benefits of digital technology, and offers practical tips for parents and carers to share with their children.

"Cut them free"



Barnardo's latest campaign aims to reduce the number of children and young people experiencing **child sexual exploitation**. Their research reports that: the number of sexually exploited children has risen by 22% since 2010-11 and by 37% since 2008-9; 26% of exploited children had been moved for sex; 55% of exploited children had gone missing; younger children are being exploited; exploitation is increasingly complex; and the internet is used in most exploitation. To find out more about child sexual exploitation and Barnardo's campaign click [here](#).



Renewed confidence in HRT

Since July 2002 there has been a huge downturn in the confidence of, and use of HRT. The concern about risks of HRT followed publication of results the Women's Health Initiative trial in 2002 and of the Million Women study in 2003. The massive publicity around the apparent risks shown by these studies understandably led to HRT being viewed as dangerous and that it should rarely be used. In fact, both these studies have since been reviewed and reanalysed and the revised outcomes, along with new studies which have now been published paints a much different picture--when used appropriately, HRT provides more benefits than risks for most women.

To sort out the ongoing confusion, a global team of representatives of Menopause Societies and organisations associated with Women's Health met in November 2012 and have recently published a global consensus statement. The conclusions are clear:

- * HRT is the most effective treatment for symptoms related to the hormonal changes of the menopause, is beneficial for bone health and may decrease mortality and cardiovascular disease
- * Risks are acknowledged, but benefits will generally outweigh the risks for women under 60, or within 10 years of the menopause. The risks are generally small
- * Taking HRT is a decision which needs to be individualised, in consultation with a suitably qualified physician

This statement is extremely important and must be widely circulated and discussed. Women should be able to be access accurate, non-biased information so that they can make informed choices and in managing the consequences of the hormonal changes of the menopause, HRT should once again be considered as a safe option.

Visit www.menopausematters.co.uk/news.php for more information and link to full statement.

Fetal Alcohol Spectrum Disorder

A new campaign has been developed by midwives to remind pregnant women and those contemplating pregnancy of the risks of consuming alcohol. Specialist Midwife Natalie Potts says "we are unaware of how many children are affected by maternal alcohol consumption in pregnancy as there is limited research in Scotland regarding this. There has been no research that has determined any safe level of alcohol consumption in pregnancy." A series of posters to get the messages out to the public will be places in 481 on sale premises across the region. For more information on the campaign and other news from NHS Maternity Services click [here](#).





LISTEN2US

WHAT is the project all about?

The Listen2Us project is about seeking the views and experiences of looked after young people across Dumfries & Galloway (*as well looking at previous research on looked after young people from other areas in Scotland and the UK*).

WHY are we doing this?

To use these experiences and provide looked after young people in our region with the opportunity to influence, shape, design and improve the range of services they receive.

HOW will we do this?

By recruiting and training a 'core group' of around 12-15 looked after young people across Dumfries and Galloway to carry out a comprehensive consultation with a wide range of other looked after young people across the region.

WHO will do this?

Contact Irene Rodgers for more information by emailing Irene.Rodgers@dumgal.gov.uk.



'ISSU 18 are a welcoming and non-judgemental service for children and young people up to the age of 18, who are

- **experiencing significant problems with their own substance misuse**
- **live, or have lived in, homes where substance misuse is problematic and there is a significant impact on the young person**
- **may also have multiple complex problems, including mental health issues.**

The service has a dedicated team of professionals qualified in both mental health and substance misuse, as well as a dedicated Child and Adolescent Psychiatrist. The team offers mental health assessment, diagnosis and treatment in addition to assessment and specialist interventions for substance misuse, and it is therefore not necessary to make a separate referral to CAMHS if you are concerned about a young person's mental health in addition to substance use/misuse.

If you are concerned about a young person, the team would be more than happy to receive a referral from you, but this must be with the young person's consent. Referral forms can be requested from the number below and can be returned either by post or electronically to dumf-uhb.CAMHS-mail@nhs.net. If you are unsure about whether to make a referral for a young person, or are looking for some support and/or advice on how you can support the young person, please call the number below and ask to speak to one of the ISSU 18 Primary Mental Health Workers.

Contact details

ISSU 18 (EAST), Young People's Substance Service, Ladyfield Offices, Glencaple Road, Dumfries. DG1 4TE Phone: 01387 244327, Fax: 01387 244337

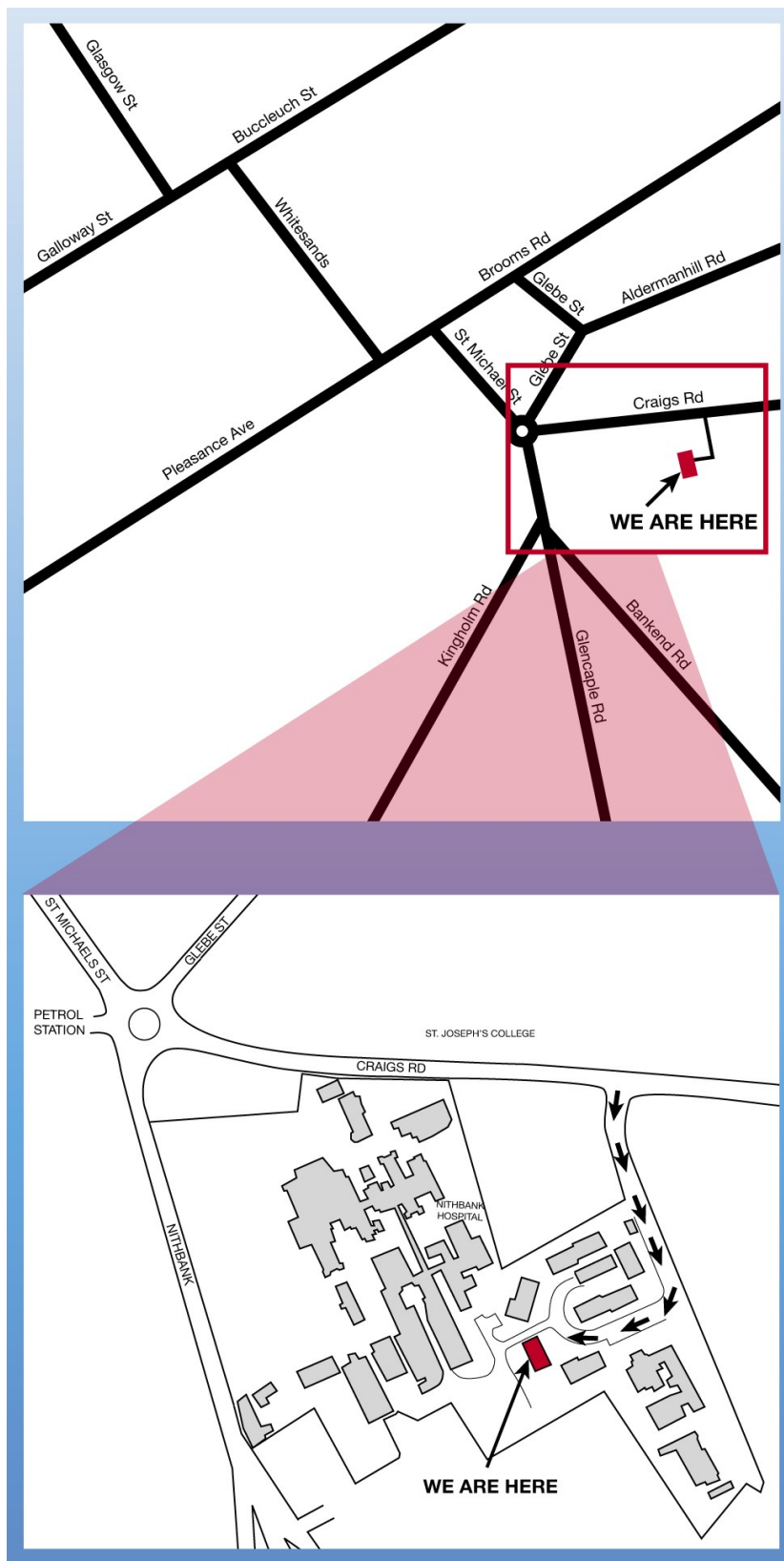
What do we offer?

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