

Sexual Health D&G

Welcome to **Issue 27** of the
Sexual Health D&G Newsletter and Merry Xmas
and Happy New Year



Issue 27
Dec 2015

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Sexual Health Week

'Let's Talk About Sex'

"Turned On, Put a Condom On"
25th January – 31st January 2016



This year Sexual Health D&G will focus on condom use as the theme of their sexual health awareness week.

The good news is that rates of teenage pregnancies have been falling over the past few years. Dumfries & Galloway had such a low rate this year that figures were suppressed and not released.

Unfortunately, rates of sexually transmitted infections (STIs) are still rising particularly in the under 25 age group. STIs have a high financial cost for testing and treatment: diagnoses of Chlamydia alone cost the NHS £620m in 2011.

Condoms provide effective protection against STIs but many people choose not to use them – around 15% of under-25s reported having unprotected sex with two or more partners in the last year.

The aim of week will be to encourage people to use condoms and that safe sex can be good sex and fun. We will have condoms with new packaging. **More to follow in New Year.**

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

Services available at Nithbank, Dumfries

Drop-in for contraception, STI testing & treatment: Mon to Fri, 9-11.00am

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

Appointments available at other times for a range of services

For an appointment please telephone **03457 02 36 87**

Closed

Fri 25th & Mon 28th Dec 2015

and

Fri 1st & Mon 4th January 2016

Dumfries C2U's drop in closed over Xmas School Holidays

Stranraer Sexual Health Clinics

Sexual Health Drop Mon 5.00 to 6.30pm at the Galloway Community Hospital

Wednesday: Appointments 9.30am—14.30pm

Closed

Mon 28th Dec 2015

and

Mon 4th January 2016

Stranraer C2U's drop in at Galloway Community Hospital

Wed 23rd & 30th Dec. 3.30—4.30pm

**Free Emergency Contraception and Chlamydia & Gonorrhoea
testing kits available at all pharmacies across the region.
or go to www.sexualhealthdg.co.uk**

For More Information on Sexual Health Clinics

Please Telephone **0345 702 3687**

(All Calls Are Charged At Local Rates)

visit **www.sexualhealthdg.co.uk**

or email **dgsexualhealth@nhs.net**

Multi Agency Sexual Health (MASH) Tier 1

2 Dates Thursdays

21st April 2016 & 6th October 2016

Garroch Training Centre Dumfries

9.15am - 3.30pm

This training will cover:

Risk taking Behaviour & Self Esteem

Confidentiality & Legal Issues

Contraception & Condoms

LGBT Issues

Sexually Transmitted Infections (STIs)

(MASH) Tier 2 Wake up to – Sexual Risky Behaviour

2 Dates

Thursday 26th May 2016—Woodlands House Hotel

Tuesday 1st November 2016—Garroch Training Centre

Child Sexual Exploitation

Grooming

Pornography

Social networking - Risks

Rape/Consent

Tools for practitioners to use

NEW MOTIVATIONAL INTERVIEWING TASTER SESSIONS

in Meeting Room at Sexual Health D&G,

Thursday 3rd March 2016 1.00—3.00pm

Thursday 7th April 2016 1.00—3.00pm

Thursday 5th May 2016 1.00- - 3.00pm

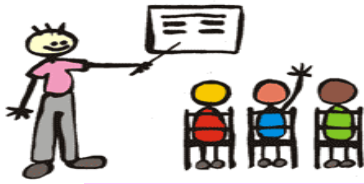
Thursday 2nd June 2016 1.00—3.00pm

Thursday 7th July 2016 1.00—3.00pm

Thursday 4th Aug 2016 1.00—3.00pm

These sessions are aimed at those in the statutory and voluntary sectors who are interested in helping service users reduce health risk taking behaviours using a Motivational Interviewing approach. Ideally, participants should have attended MASH Tier 1, or equivalent. **THESE SESSIONS ARE NOT FOR SERVICE USERS OR THE GENERAL PUBLIC.**

All these sessions are free. For further information or to apply for any of the training on this page please contact adele.hannah@nhs.net



SEXUAL HEALTH FREE (BITE SIZE) TASTER SESSIONS

in the Meeting Room at Sexual Health D&G,
Nithbank, Dumfries, DG1 2SD
Telephone 0845 702 3687

Aims:

Demystify Sexual Health
Provide an overview of current contraception
Briefly discuss STIs
Dispel common myths around Sexual Health
Highlight services offered by Sexual Health D&G

Thursday 25th Feb 2016	1.30—3.30pm
Thursday 31st March 2016	1.30—3.30pm
Thursday 28th April 2016	1.30 –3.30pm
Thursday 26th May 2016	1.30—3.30pm
Thursday 30th June 2016	1.30—3.30pm
Thursday 28th July 2016	1.30—3.30pm
Thursday 29th September 2016	1.30—3.30pm
Thursday 27th October 2016	1.30– 3.30pm
Thursday 24th November 2016	1.30—3.30pm

These 2 hour sessions are aimed at those in the statutory and voluntary sectors who are interested and would like to receive an introductory insight into the issues and concepts around sexual health and services within the wider community. **THESE SESSIONS ARE NOT FOR SERVICE USERS OR THE GENERAL PUBLIC Nor those who have attended MASH Tier 1**

If you have a group of staff who would wish the training we can arrange

For further information or to apply for these sessions please email
adele.hannah@nhs.net



Terrence Higgins Trust Scotland (THTS) has had a base in Dumfries for one year now. The service has reached out to many people during this time by **offering support to gay, bisexual and other men who have sex with men, who are affected by or have concerns around HIV and other sexually transmitted infections.** THTS has also been raising awareness through a number of means such as community events, music and youth festivals and across D&G. To further raise awareness THTS held its own charity fundraiser concert at the start of October in Easterbrook Hall. The event featured live vocal impersonator Chi Chi Rones, an Emmy award winner entertainer from the USA who was supported by local talent including the Squeeze 'n' Fiddle Ceilidh band and DJ Michael Greaves Macintosh.

The wonderful event was attended by over 100 people raising much needed awareness in the region and thanks to the generosity of all those who attended and the D&G companies who donated raffle prizes the evening raised £2,700 for the charity. The event would not have been such a success but for the support and hard work of the local THTS volunteers, Rachael Graham and Daryl Flannigan and the wonderful staff at Easterbrook Hall and the technical genius of Sandy Sweetman from SW Audio.



THTS has just completed a successful European HIV & Hepatitis Testing Week based at the Crichton campus by increasing testing opportunities in the region. **THTS has also brought D&G to the forefront of HIV awareness for World AIDS Day 2015 where they raised awareness at DGRI and had a special viewing at The Stove of the emotional and powerful award winning documentary "We Were Here" by David Weismann.** Once again local companies have lent their support in the "Wear It" red ribbon campaign for 2015. Tesco, Morrison's, RBCFT, The Usual Place, Easterbrook Hall, D&G College, Sexual Health D&G and Mrs Greens all participated in selling red ribbons for the public to wear on December 1st.

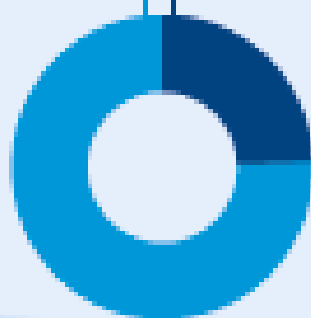
HIV infection in Scotland



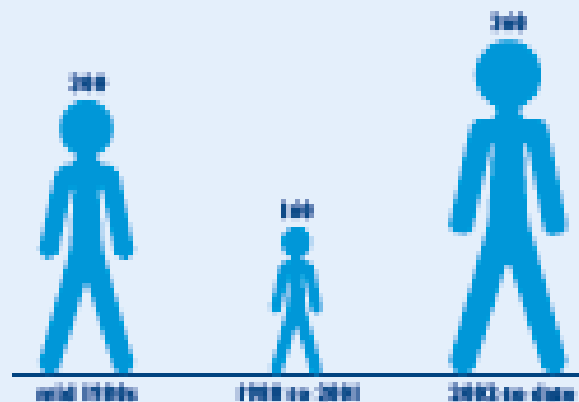
World AIDS Day - 1 December 2015

THERE ARE AN ESTIMATED
4995 DIAGNOSED
INDIVIDUALS
LIVING IN SCOTLAND

AN ESTIMATED
1600 PEOPLE
REMAIN
UNDIAGNOSED

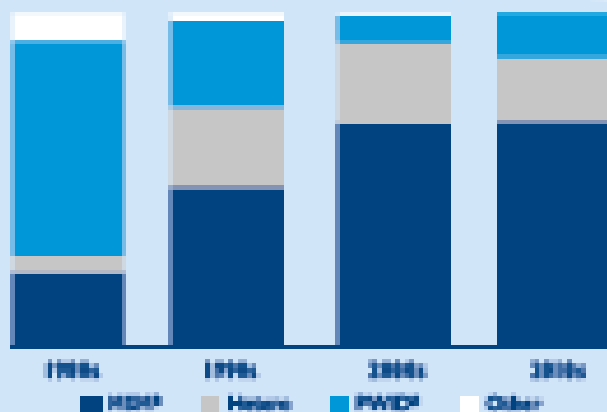


NUMBER OF HIV REPORTS PER YEAR

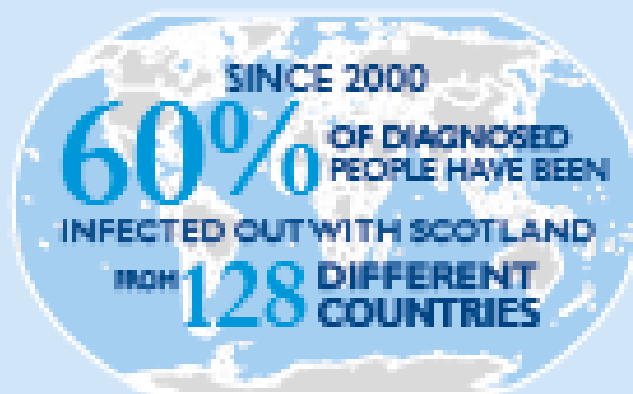


HIV IS NOT A 1980s PHENOMENA

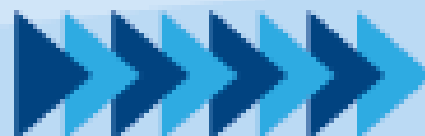
60% OF ALL CASES EVER DIAGNOSED
HAVE BEEN REPORTED SINCE 2002



THE PREDOMINANT METHOD OF HIV TRANSMISSION IN SCOTLAND HAS CHANGED FROM INJECTING DRUG USE IN THE 1980s TO MSM CONTACT TODAY



**EARLY
DIAGNOSIS**



**BETTER
OUTCOME**

86% ATTEND FOR
CARE AND
TREATMENT



92% OF THOSE ARE
RECEIVING
ART*

THE MEDIAN AGE OF PEOPLE
LIVING WITH HIV HAS RISEN
FROM **36** IN 1997 TO **45** IN 2015



* MSM: Men who have sex with men PWID: People who inject drugs ART: Antiretroviral therapies

All data correct on 30 September 2015

Health Protection Scotland (HPS) coordinates national surveillance of HIV infection in Scotland





get
rubbered!

FREE CONDOMS AND LUBE BY POST
FOR MEN WHO HAVE SEX WITH MEN

LIVING IN
AYRSHIRE & ARRAN
DUMFRIES & GALLOWAY
FIFE
FORTH VALLEY
LANARKSHIRE

Terrence Higgins Trust Scotland



Complete the form on the other side, place in an envelope and post it to the address below or hand it to a member of our staff.

GET RUBBERED!
TERRENCE HIGGINS TRUST SCOTLAND
TOP FLOOR, ROTHESAY HOUSE
134 DOUGLAS STREET
GLASGOW
G2 4HF

The HIV and sexual health charity for life

GET RUBBERED: Provides free condoms and lube by post to gay and bi men in Dumfries & Galloway. Supplies are sent out on a monthly or bi-monthly basis in discreet packaging. The service is 100% confidential

For more information visit www.getrubbered.com

Or

Contact Johnathon Gallagher
Johnathon.Gallagher@tht.org.uk



Unprotected, overprotected:

meeting the needs of young people with learning disabilities who experience, or are at risk of, sexual exploitation

Anita Franklin, Phil Raws and Emilie Smeaton

Believe in children
Barnardo's

bild
all about people

Coventry University

Paradigm Research
Social Research, Evaluation and Consultation

The Children's Society

Children with learning disabilities at risk of sexual exploitation

Unprotected, Overprotected was published by Barnardo's in September 2015 and reveals that significant numbers of **children with learning disabilities are not being adequately protected from sexual exploitation because of the false perception that they do not need sex and relationships education or accessible information about how to keep safe online and in the community.** The research explores a number of issues related to the identification of young people with learning disabilities who experience, or are at risk of, CSE, including data collection and monitoring at a local level. Read full report [here](#)

Vulnerability of young people with learning difficulties

There is evidence to suggest that young people with learning disabilities are more vulnerable to CSE than their non-disabled peers. Professionals who contributed to this research affirmed this.

'Young people with learning disabilities are a perpetrator's dream'

New Booklet

Sexual Health D&G have produced a new booklet for people with learning disabilities and those working with people who have learning difficulties. **The booklet is pictorial with information on local Sexual health Clinics, contraception, smear tests, STI's, pregnancy and condoms.**

For anyone wanting a copy or further information please contact Susan Hall .
Susan.Hall2@nhs.net

Sexual & Reproductive Health Services

An Easy Read Booklet

Acknowledgements - NHS Lanarkshire Sexual Health Services - Publish date: January 2013
Sexual and Reproductive Health Services - Lanarkshire Adult Learning Disability Service

Frendz

Pregnancy Crisis Centre

Frendz new email is frendzdum-fries@gmail.com

Frendz pregnancy crisis centre aims to support women and /or family or partner and

- give the opportunity to discuss issues surrounding a crisis pregnancy and to look at the options
 - provide counselling for those who have had an abortion or miscarriage
 - give support to those continuing with an unexpected pregnancy
 - pregnancy testing if required
- offer genuine empathy, nonjudgmental support in a safe environment

Secondary School Events

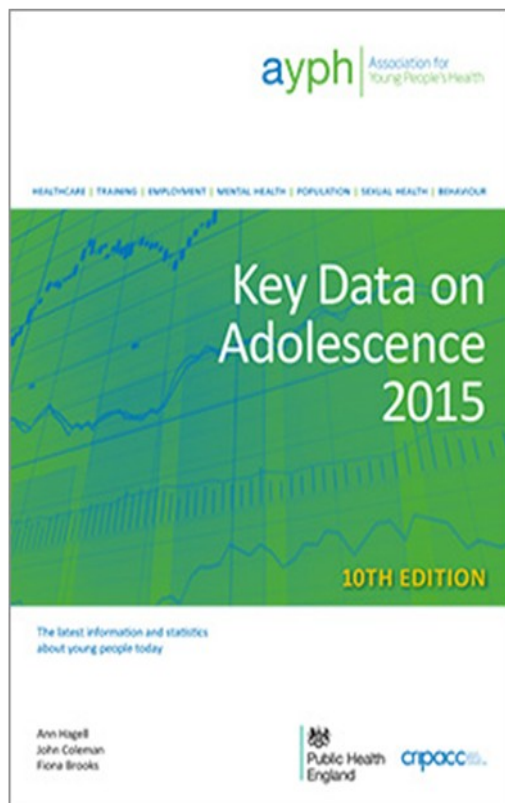


Sexual health D&G have been one of the partners delivering **Do the Right Thing** to 3rd years in the secondary schools in Wigtownshire and the Stewartry. **Big World** was delivered to 4th years in Annandale and Eskdale. These events allow young people to watch plays on real life experiences

Then the young people attend workshops on Sexual Health, Relationships, Mental health, Alcohol and Drugs, LGBT and social media. **These events are Multi agency with Police Scotland, Sexual Health, Health improvement, Domestic Abuse and Women's Aid**



Douglas Ewart High School's Christmas Safety Campaign. S6 pupils have organised the 'Selfie Elfie Event' which involves all years of the school writing a safety message and having their picture taken in a photo booth. These messages will be displayed during their Christmas parties next week. It follows on from 12 safety messages that have been displayed around the school since the start of the event on Monday. **This a multi agency event with Education, Community Learning and Development, NHS Health Improvement, Issue 18 , Sexual Health D&G and Police Scotland**



Key Data on Adolescence is published every two years with the support of the National Child and Maternal Health Intelligence Network, Public Health England. It covers the following topics: Health, Behaviour, lifestyle, Sexual health, Mental health and Physical health. **Full report can be read [here](#). There are graphs which can be used in your presentations.**

The publication highlights reductions in teenage pregnancy and smoking since 1997.

Mental health continues to be a major issue, although concern has now switched from suicide among young men to the rise of self-harm by cutting or other methods.

Quirky police video uses cups of tea to explain sexual consent point



Sexual consent is a tricky topic to tackle, but a police force has come up with an innovative way of getting people talking about it.

Thames Valley Police launched their #ConsentisEverything campaign with this animated video, which uses the analogy of tea to explain everything you need to know.

Detective Chief Inspector Justin Fletcher, from Thames Valley Police, said: “The law is very clear. Sex without consent is rape. It is the responsibility of individuals to make sure they have consent throughout sex.

“True consent can only be given freely by someone with the capacity to make a decision. To have sex with someone who is unable to give consent, or is agreeing under coercion, is to have sex without their consent.”

Watch you tube clip [here](#)

Individuals play the game

but teamwork wins the match

JOIN US Together we can end domestic abuse and violence against women and girls



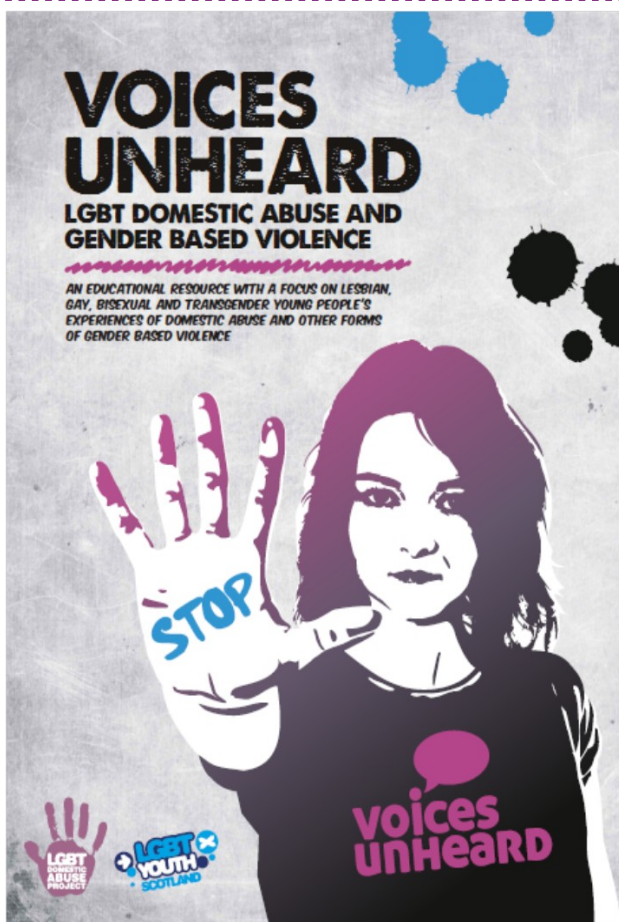
WHITE RIBBON SCOTLAND
org.uk

DOMESTIC ABUSE AND VIOLENCE AGAINST WOMEN PARTNERSHIP

QUEEN of F.S.G. the SOUTH

Support the White Ribbon Campaign. Go to www.whiteribbonscotland.org.uk/d&g

Our local **Domestic Violence Against Women Partnership** and **Queen of the South** are running a campaign together this year promoting the **White Ribbon Campaign**. It is expected that 3,000 cards will be handed out to Queens supporters on **Feb 20th 2016** when the play against Rangers at Palmerston Park; this will be a **White Ribbon Game**.



VOICES UNHEARD
LGBT DOMESTIC ABUSE AND GENDER BASED VIOLENCE

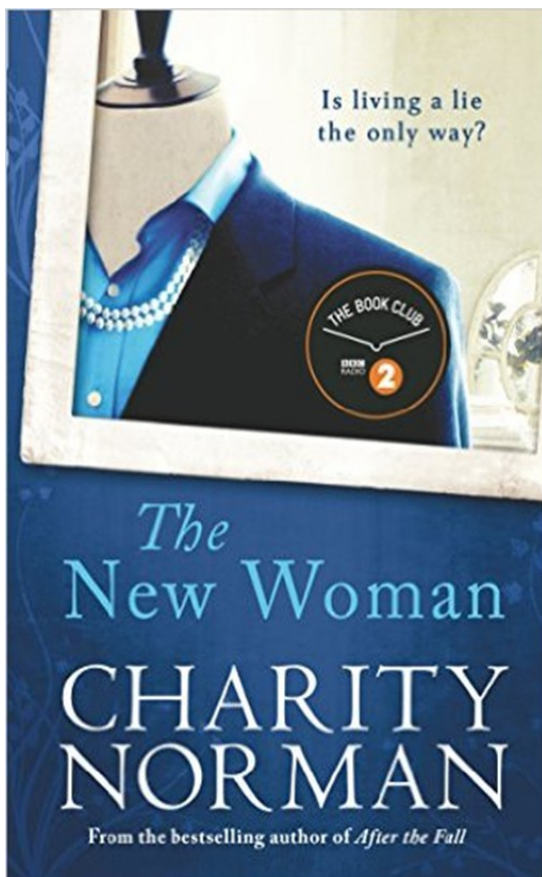
AN EDUCATIONAL RESOURCE WITH A FOCUS ON LESBIAN, GAY, BISEXUAL AND TRANSGENDER YOUNG PEOPLE'S EXPERIENCES OF DOMESTIC ABUSE AND OTHER FORMS OF GENDER BASED VIOLENCE

voices unheard

LGBT ABUSE PROJECT
LGBT YOUTH SCOTLAND

Voices Unheard: LGBT Domestic Abuse and Gender Based Violence

LGBT Youth Scotland has created an educational resource with a focus on **lesbian, gay, bisexual and transgender young people's experiences of domestic abuse and other forms of gender based violence**. The document was created for use alongside existing education resources, with a discussion of how LGBT people fit into a gender based violence framework. With LGBT-inclusive definitions, statistics, scenarios, and links to resources, the exercises are easy to use within existing GBV programmes. [Read more here.](#)

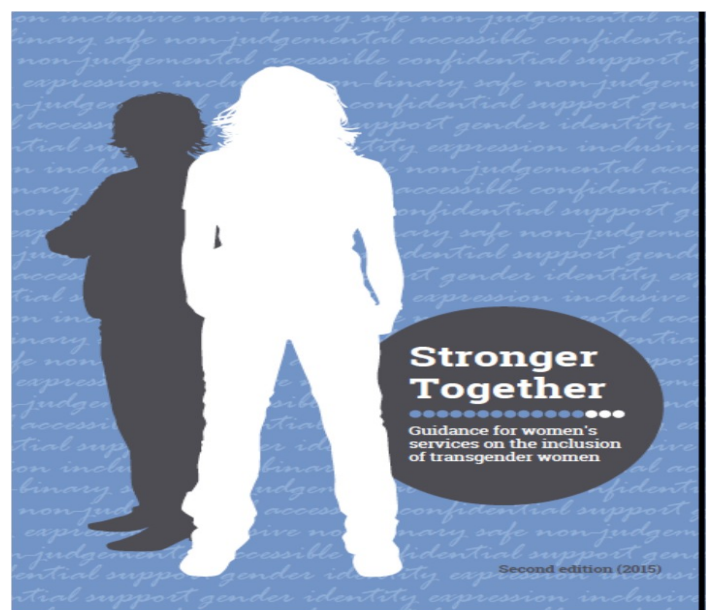


A truly moving read which offers an insight into some of the issues faced by Trans Gender people.

What would you do if you found out that your husband, your father, your son - was not who you thought? Could you ever love him again?

Luke Livingstone is a lucky man. He's a respected solicitor, a father and grandfather, a pillar of the community. He has a loving wife and an idyllic home in the Oxfordshire countryside.

All his life, Luke has hidden the truth about himself and his identity. It's a truth so fundamental that it will shatter his family, rock his community and leave him outcast. But Luke has nowhere left to run, and to continue living, he must become **the person he knows himself to be, whatever the cost.** [Here](#)



'Life in Scotland for LGBT people' briefing bringing the transgender specific responses from a survey with 350 people aged 13—25 years. [Full Report can be read here.](#)

'Stronger Together' is guidance developed by LGBT Abuse project, Scottish Women's Aid, Tayside violence Against Women Training Consortium and the Scottish Transgender Alliance. **It is aimed to raise awareness and improve service responses to lesbian, gay, bisexual and Transgender people who experience domestic abuse.** [Full guidance can be read here.](#)

February is... LGBT History Month.

LGBT History Month takes place in Scotland every February.

It is an opportunity to celebrate lesbian, gay, bisexual, transgender and queer lives and culture, and to



recognise the significant contribution LGBT people have made to our country and the world at large. It is also an opportunity for learning, discussion and debate around the continued fight for LGBT liberation. LGBT History Month is for everyone: individuals, community groups, organisations, service providers, LGBT and non-LGBT people alike.

Sexual Health D&G will be celebrating History Month by a display in Department and raising awareness on their Face book page

LGBT History Month is a project delivered by LGBT Youth Scotland. If you'd like to find out more about running your own History Month activities you'll find plenty of ideas on the website:

[More information here](#)

The latest programme of volunteer-led events and activities from December 15 to March 16 for LGBT plus people from across Dumfries and Galloway.

Sat 19th: volunteer only get together at Market Inn, CD. 11 am - 3pm

Thurs 31st: Hogmanay Bash. Venue TBC in Dumfries. 8pm - 1am

January:

Sat 9th: lunch at Market Inn, Castle Douglas. 12.15-2.15pm

Sat 23rd: lunch in Lockerbie. Get in touch for venue info. 12-2pm.

February:

Sat 13th: lunch at Cree Bridge House Hotel, Newton Stewart. 1.15 - 3.15pm

Mon 15th - Sat 20th: LGBT History Month Exhibition, venue and times TBC, Dumfries.

Sat 20th: LGBT History Month Open Event, including the official launch of Dumfries and Galloway LGBT Plus. Venue TBC, Dumfries. 11am - 4pm

Sat 27th: lunch / coffee at Mrs Greens Tea Lounge, Dumfries. 12 - 2pm

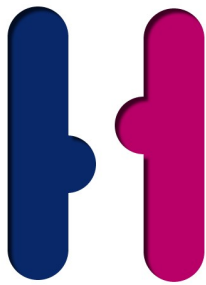
March:

Sat 12th: lunch at Market Inn, Castle Douglas. 12.15-2.15pm

Sat 26th: spring walk around Castle Loch, Lochmaben. 10am-12.30pm.

Sat 26th: lunch in Lochmaben. Get in touch for venue info. 12-2pm.

. **Contact support@lgbtplus.org.uk for more info.**



Sexual Health
D&G

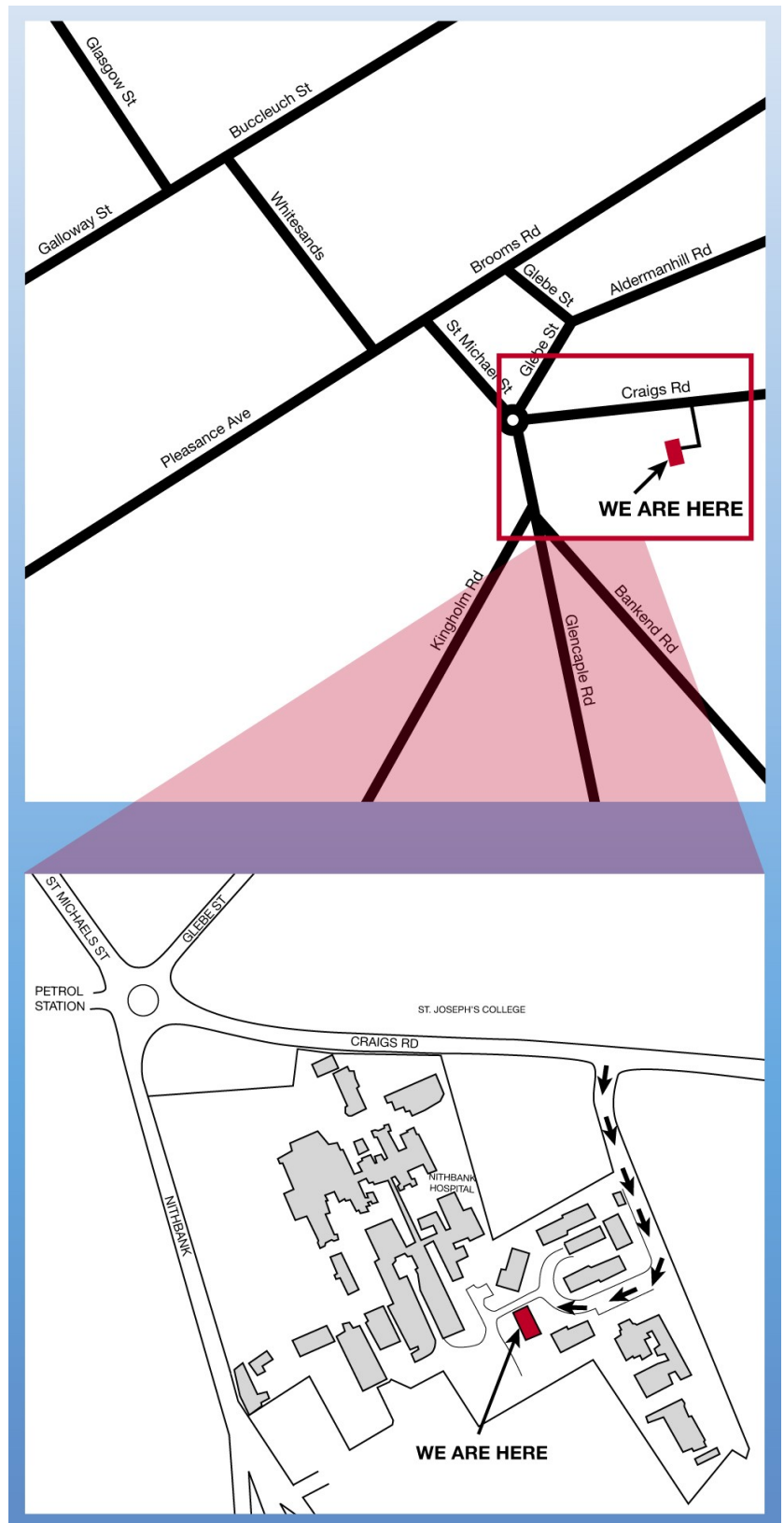
www.seualhealth.co.uk

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 hour before testing

How to find us:



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

Nithbank
Dumfries
DG1 2SD
Tel: 03457 023687
Email: dgsexualhealth@nhs.net

Send us your news for next issue, due April 2016