

Welcome to **Issue 28** of the  
Sexual Health D&G Newsletter



**Issue 28**  
**April 2016**

## Contents

P2- 3 Training  
P4—New  
Research  
P5 -New  
contraception &  
CSE  
P6. Teenage  
pregnancy  
P7. THTS  
P8. Equality for  
all  
P9. CSE  
P10. New  
Websites  
P11. New  
website &  
Transgender  
booklet  
P12 Domestic  
Abuse  
P.13 Services

## Sexual Health D&G strikes Gold!

Sexual Health D&G have successfully achieved their gold LGBT charter Mark award making them one of only two teams **across Scotland** to have achieved this, the other being NHS D&G's Public Health Directorate.



We were commended for our impressive breadth of our work, in particular developing and improving services for men who have sex with men, as well as good promotional activity and sharing of good practice.

It has been a long but rewarding journey. If any other Charter clients would like our help and support, we would be happy to assist. Please get in touch with Adele Hannah [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net).

Fergus McMillan, Chief Executive of LGBT Scotland, will present us with our plaque on 16th May 2017.

Other Agencies in Dumfries & Galloway to be awarded include:

**NHS D&G Public Health Directorate (Gold Award)**

**Domestic Abuse & Violence Against Women Partnership (Bronze Award)**

**Wigtownshire Women's' Aid (Silver Award)**

**Relationships Scotland (Bronze Award....but nearly at Silver)**

## **Multi Agency Sexual Health (MASH) Tier 1**

**Thursdays**

**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 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](mailto:adele.hannah@nhs.net)**



## Free Sexual Health Bite Size Taster Sessions

### Aims:

- Demystify Sexual Health
- Provide an overview of current contraception
- Briefly discuss STIs
- Dispel common myths around Sexual Health

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 people in the statutory and voluntary sectors who 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 training.**

All sessions are held in the Meeting Room at Sexual Health D&G, Nithbank, Dumfries, DG1 2SD

**For further information or to apply for these sessions please email**  
[adele.hannah@nhs.net](mailto:adele.hannah@nhs.net)

If you have a group of interested staff we can also arrange this training at a time/venue to suit you.



HBSC Briefing Paper 21

## Sexual health of 15 year olds in Scotland 2: circumstances of first intercourse

Candace Currie, Mareike Franz, Juliet McEachran, Ross Whitehead, Winfried van der Sluijs, & the HBSC Scotland Team\*  
May 2015

Read full report [here](#).



HBSC Briefing Paper 20

## Sexual health of 15 year olds in Scotland 1: ever had intercourse

Candace Currie, Mareike Franz, Juliet McEachran, Ross Whitehead, Winfried van der Sluijs, & the HBSC Scotland Team\*  
May 2015

Read full report [here](#)



Briefing Paper 22

## Sexual health of 15-year olds in Scotland 3: Protection at last intercourse

Candace Currie, Mareike Franz, Juliet McEachran, Ross Whitehead, Winfried van der Sluijs & the HBSC Scotland Team\*  
August 2015

Read full report [here](#)



## New Contraception Injection Launched

Launched in the UK in June 2013 **Sayana Press** is a new formulation of the contraception injection depot. It is a **long acting form of contraception** and is self administered usually into the stomach **every 13 weeks**. It has been shown to be as effective as Depo-Provera for preventing pregnancy.

### Sayana Press is ideal for

- Obese women – whose BMI's are elevated and administration into the muscle can often be problematic
- Women using anti coagulants who are prone to developing haematomas
- Its absorption is not affected by BMI or Race
- In a study of 16,023 women across America (722) and Europe / Asia (1,065) there were no reported pregnancies at one year.

**Amenorrhoea ( absence of periods) Increases** with time. **56.5% of women reporting no bleeding at 1 year and this get less with longer duration of use.**

### Weight Gain – is minimal

- 50.3% kept within 2.2kg
- 11.9% lost more than 2.2kg
- 37.7% gained more than 2.32kg

### Return to fertility -

Following cessation of Sayana Press, ovulation had returned in 98% of women by 1 year and ovulation was noted as early as 14 weeks post cessation.

For more information please contact Sexual Health D&G or visit

[www.sayanapress.co.uk](http://www.sayanapress.co.uk)



## New CSE campaign launched by Scottish Government

The first **TV campaign** in the UK focused on **Child Sexual Exploitation** was launched in January 2016. If you missed it you can watch it [here](#).

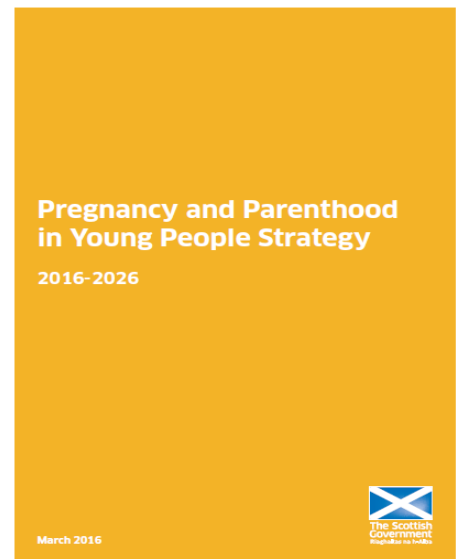
It comes as new research shows 93% of parents have heard of Child Sexual Exploitation, but almost a third (29%) know little about it and over a third (36%) believe it won't affect their family.



The new TV advert and website [www.csethesigns.scot](http://www.csethesigns.scot) show how conversations online can potentially lead to a young person placing themselves in danger. It will provide information and advice on how to **spot the warning signs** and **symptoms**, common **myths**, practical **advice for staying safe online** and offline and **tips for parents** on how to have conversations with their children about healthy and unhealthy relationships. For more information visit [www.csethesigns.scot](http://www.csethesigns.scot).

# Tackling Teenage Pregnancy in Scotland

Scotland's **first Strategy** focused on **pregnancy and parenthood amongst young people** aims to drive actions that will **decrease the cycle of deprivation associated with pregnancy in young people** under 18. The *Pregnancy and Parenthood in Young People (PPYP) Strategy* will also **provide extra support** for young parents, particularly those who are **looked after** up to age of 26 in line with the *Children and Young Peoples (Scotland) Act 2014*.



Some young people require little or no additional support, whereas others need intense, targeted support. For all, it is essential we continue to **put the young person at the centre of action** to help them **achieve their potential** both as individuals and as parents.

The Strategy and practical plan for action addresses the **fundamental causes of pregnancy in young people** and **its consequences**, with actions focused on the **wider environmental** and **social influences** and **individual experiences** which effect inequalities of this particular group.

This document works its way systematically through what we must do to **improve outcomes** for young people underpinned by the United Nations Convention on the Rights of the Child (UNCRC); the Scottish Government national approach: Getting it right for every child (GIRFEC); and through the following five guiding principles:

1. Young people at the heart of actions
2. Applying the social determinants of health model
3. Multi-agency approach and leadership
4. Creating positive opportunities
5. Evidence informed

Community Planning Partnerships (CPP) play a key role and are expected to **identify an accountable person** to take on responsibility for ensuring the delivery of their responsibilities under this Strategy and **undertake a self-assessment** of status against short-term outcomes. By June 2017, an **action plan** should be in place to address the outcomes of the needs assessment and **pathways** developed for data collection and sharing.

To get involved in this locally, please contact Laura Gibson<sup>6</sup> lauragibson1@nhs.net or telephone 01387 272730.



Often at the start of the Spring we direct our thoughts to health & wellbeing, with this in mind we would like to remind you of the fantastic services available through our third sector partnership with **Terrence Higgins Trust Scotland (THTS)** who support the sexual health needs of **men who have sex with men** in D&G and those **affected by HIV**.

THTS continue to offer **1-2-1 support**, a **third party reporting** service of hate crimes directed at people because of their sexual or perceived orientation. They also continue to **raise awareness** of HIV and sexually transmitted infections through promotion and training and continue to offer **volunteering** opportunities for you to assist in this.

### **Get Rubbered**

As always the best way to stay safe is to use **condoms and lubricant** properly. **For FREE condoms and lube posted direct to your home.**

Please visit [here](#) for more information.

### **FASTEST Direct**

For those wishing to test for HIV in the comfort of their own home we offer a **FREE, easy and confidential test.**

Please visit [here](#) for more information.

### **NEW for Spring 2016**

- A free and confidential **counselling service** for people affected by any aspects their sexual health, HIV status and relationships status, both in house and through one of our partner agencies, Relationship Scotland.
- New facilitated **peer led support group** for people affected by HIV on the **first Thursday of every month** 5.30pm till 7.30pm.
- Continue to offer our free **telephone support group** through the year for those unable to travel to Dumfries, please contact us to access this services. **Johnathon Gallagher 07436108070**

### **Next HIV Awareness Training**

**16th of June at 1000 -1300 at the Lecture Theatre, Garroch** Business Park. Garroch Loaning Dumfries. DG2 8PN. To reserve a place please use the following link.

**<https://www.eventbrite.co.uk/e/hiv-awareness-training-june-2016-tickets-24424568542>**

# EQUALITY FOR ALL IN DUMFRIES AND GALLOWAY



**Sexual Health D&G** have teamed up with **Terrence Higgins Trust Scotland**, **LGBT Youth Scotland** and **LGBT Plus** to launch a campaign to improve the **health and well-being** of **gay, bisexual** and other **men who have sex with men (MSM)**.

We know that the health of MSM can often be **poor** and this can be **compounded** by specific issues that are more likely to affect them. Studies have shown that lesbian, **gay** and **bisexual people** can feel reluctant to talk openly to their GP.

We want men who have sex with men to be confident that **primary care** is a place they can talk **without embarrassment or fear of judgement** so they get the best support possible. If we can encourage MSM to be **open with their GP** about their sexual orientation, their health and wellbeing needs are likely to be **more effectively met**.

Participating GP practices are **displaying positive messages** regarding the rights to **confidentially** which apply to everyone regardless of their identity and characteristics. In addition staff have access to **resources** to better support the needs of men who have sex with men. To date 21 out of 34 GP Practices across Dumfries & Galloway have been visited and are displaying the messages.

We have come up with some **helpful tips for administrative staff and clinicians** which we hope will **facilitate disclosure** and these are available on mouse maps.

We have also launched a **website for health professionals** with useful information around all aspects of gay men's health. A key component of the campaign is about helping doctors and nurses identify **other services and agencies** which can offer **additional support** to men.

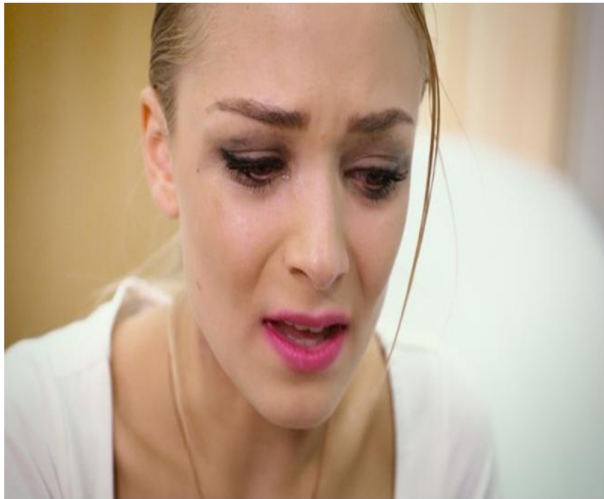
So look out for the distinctive '**equality for all**' poster in your GP practice.

**CHECK OUT THE WEBSITE**

[www.gaymenshealthandwellbeing.org](http://www.gaymenshealthandwellbeing.org)



## Helping healthcare staff spot the signs of child sexual exploitation



A **new video** aimed at **helping health and social care professionals** to spot possible **signs of child sexual exploitation (CSE)** has been launched. Supported by Health Education England (HEE), in association with the Department of Health and NHS England, the video presents a **series of scenarios involving a young person potentially at risk of CSE** and uses the voice of a **real-life victim** who talks about her **experiences** at the hands of a CSE gang.

The video, can be viewed from **HEE website** and includes scenes with a community pharmacist, a GP, a community nurse and a paramedic, alerting them to the warning signs that may suggest an individual was at risk of CSE. However, the warning signs would be an **alert to everyone who work with young people**. It is 15 minutes long and **well worth watching**.

## FREE CSE Educational Tool



**Bardardo's, Microsoft** and **young people** have **worked together** to develop the **Wud U? app** that aims to show young people **the behaviours** that could put them at risk of being **sexually exploited**, through illustrated, interactive stories.

**Wud U?** will help staff who work with young people to present **sensitive issues** and discuss the **decisions** they would make if they were in the **same situations** as the characters in the stories. The app also offers **advice** about these decisions.

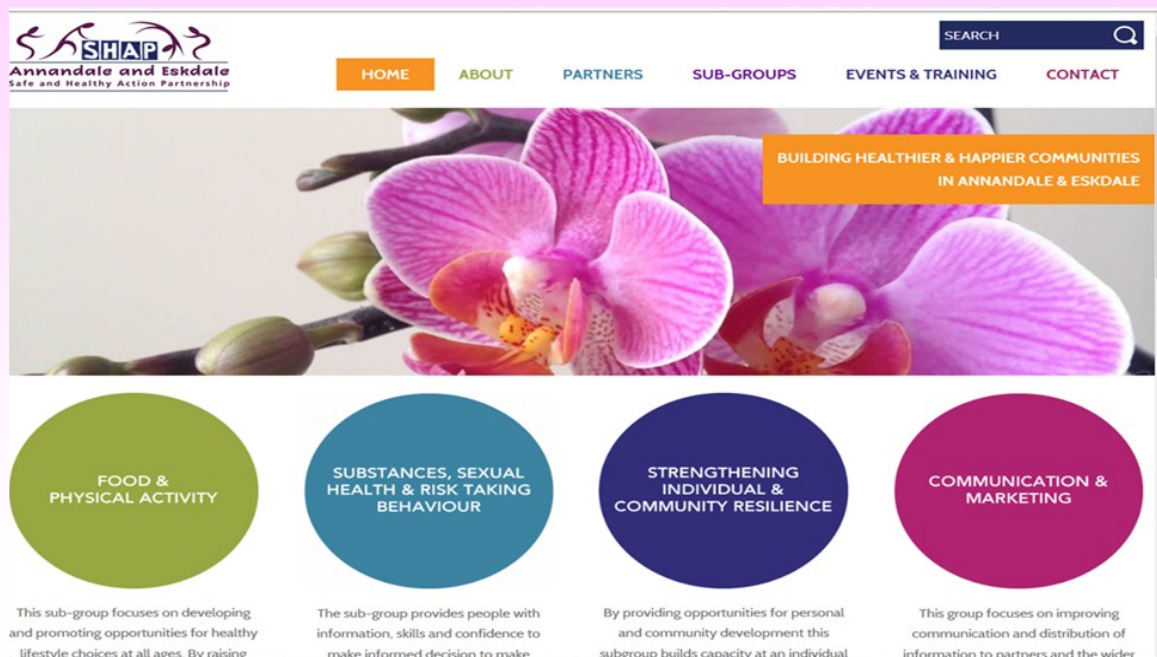
The **Wud U? app** will also help staff to:

- demonstrate how young people can make safe decisions
- provide more information about sexual exploitation, from a trusted source.

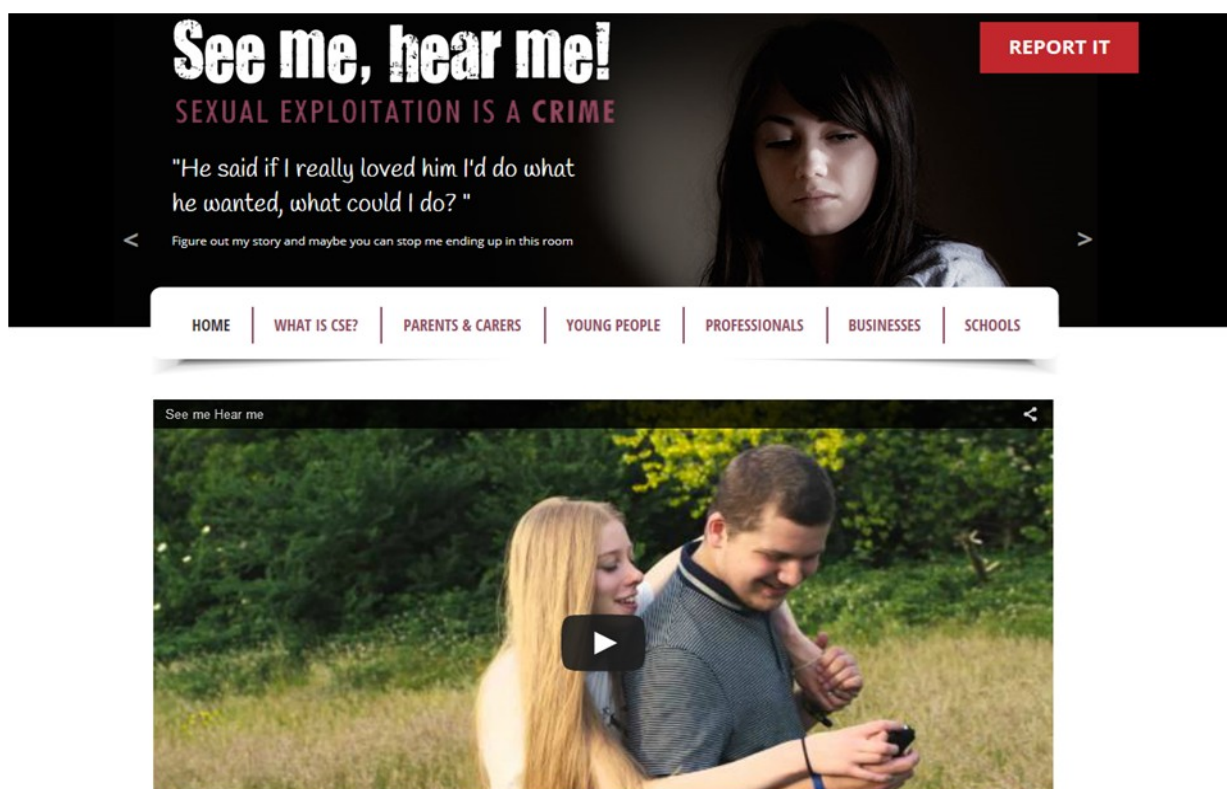
Help raise awareness of sexual exploitation by sharing the app with other professionals. **More information** [here](#).

## SHAP launch new website

**Annandale & Eskdale's** Safe and Healthy Action Partnership (**SHAP**) has launched a new website packed full of information for the public and those working across Annandale and Eskdale. Log on [here](#) to see more.

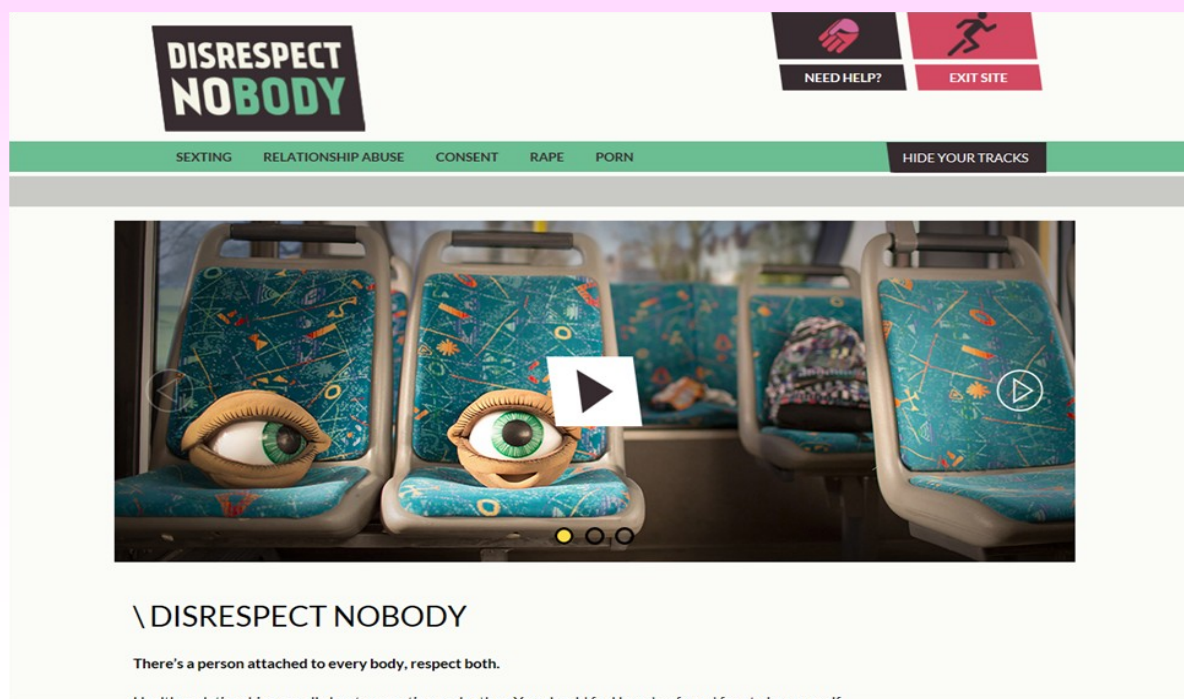


A fantastic new **CSE website** developed in **the Midlands of England** has sections for parents & carers, young people, professionals, businesses and schools. Useful for raising awareness of CSE, there are 5 films available to watch. Log on [here](#) to see more.



## Disrespect nobody!

**What a gem of a website!** Produced by The Home Office and Government Equalities Office it covers **Sexting, relationships abuse, consent, rape and pornography.** Short clips accompany the subjects. Material is straightforward, concise and ideal for using to discuss these sensitive issues with young people. Click [here](#) to find out more.



### Trans Youth Sexual Health Booklet



### New Trans booklet launched

**Gendered Intelligence** is a not-for-profit Community Interest Company, established in 2008, working predominantly with the trans community and those who impact on trans lives. Specialising in supporting **young trans people** aged 8-25, **delivering trans youth programmes, support** for parents and carers, **professional development** and trans **awareness training** for all sectors and educational workshops for schools, colleges, Universities and other educational settings. More information [here](#).

**Gendered Intelligence** have produced this 9 page **sexual health booklet**. To view it click [here](#).



## Calling all men in D&G!

Join us in pledging your support and make a difference!

The **Domestic Abuse and Violence Against Women Partnership** (DAVAWP), as part of their prevention and awareness activities, continue to promote the **White Ribbon Campaign**. They are calling on local men to take action against **domestic abuse** and other **forms of violence** like rape and sexual assault, sexual harassment, stalking, forced marriage, so-called "honour" crimes, FGM, commercial sexual exploitation including prostitution and sex trafficking that affect millions of women and children worldwide and thousands in Scotland.

**The White Ribbon Campaign** started in Canada in the 1990s as a response to this **worldwide phenomenon** and now it's become an **international campaign** that provides a **platform for men to speak and take action** against these forms of violence. Men are encouraged to sign a pledge "to never commit, condone or remain silent about violence against women."

Anyone who would like to **support this Campaign** can go to [www.whiteribbonscotland.org.uk/dandg](http://www.whiteribbonscotland.org.uk/dandg) and sign up. Once registered please inform the DAVAWP via e-mail at [domesticabuse@dumgal.gov.uk](mailto:domesticabuse@dumgal.gov.uk) so a **D&G White Ribbon badge** can be posted to you.

## FREE Speakers Training

The DAVAWP has also arranged a **free training session** open to anyone in the region who would like to become White Ribbon Speaker. Once trained, Speakers will be able to **raise awareness of gender based violence** / violence against women and the White Ribbon Campaign in the workplace and any other setting. To **register your interest** e-mail the DAVAWP Team on [domesticabuse@dumgal.gov.uk](mailto:domesticabuse@dumgal.gov.uk) or for more information phone **01387 245190**.

**threats** | isolation | **insults** | punching | **slapping** | unwanted sex  
**rape** | harm | **money control** | manipulation | **put-downs**  
lack of choices | **prostitution** | stalking | **rage** | revenge porn  
**power** | **shouts** | fear | **forced marriage** | sex trafficking

*No one deserves any of this ...*

Join the D&G White Ribbon Campaign and take action!!

Local men challenging domestic abuse and violence against women

 **DOMESTIC ABUSE  
VIOLENCE AGAINST WOMEN  
PARTNERSHIP**

[www.whiteribbonscotland.org.uk/dandg](http://www.whiteribbonscotland.org.uk/dandg)





[www.seualhealth.co.uk](http://www.seualhealth.co.uk)

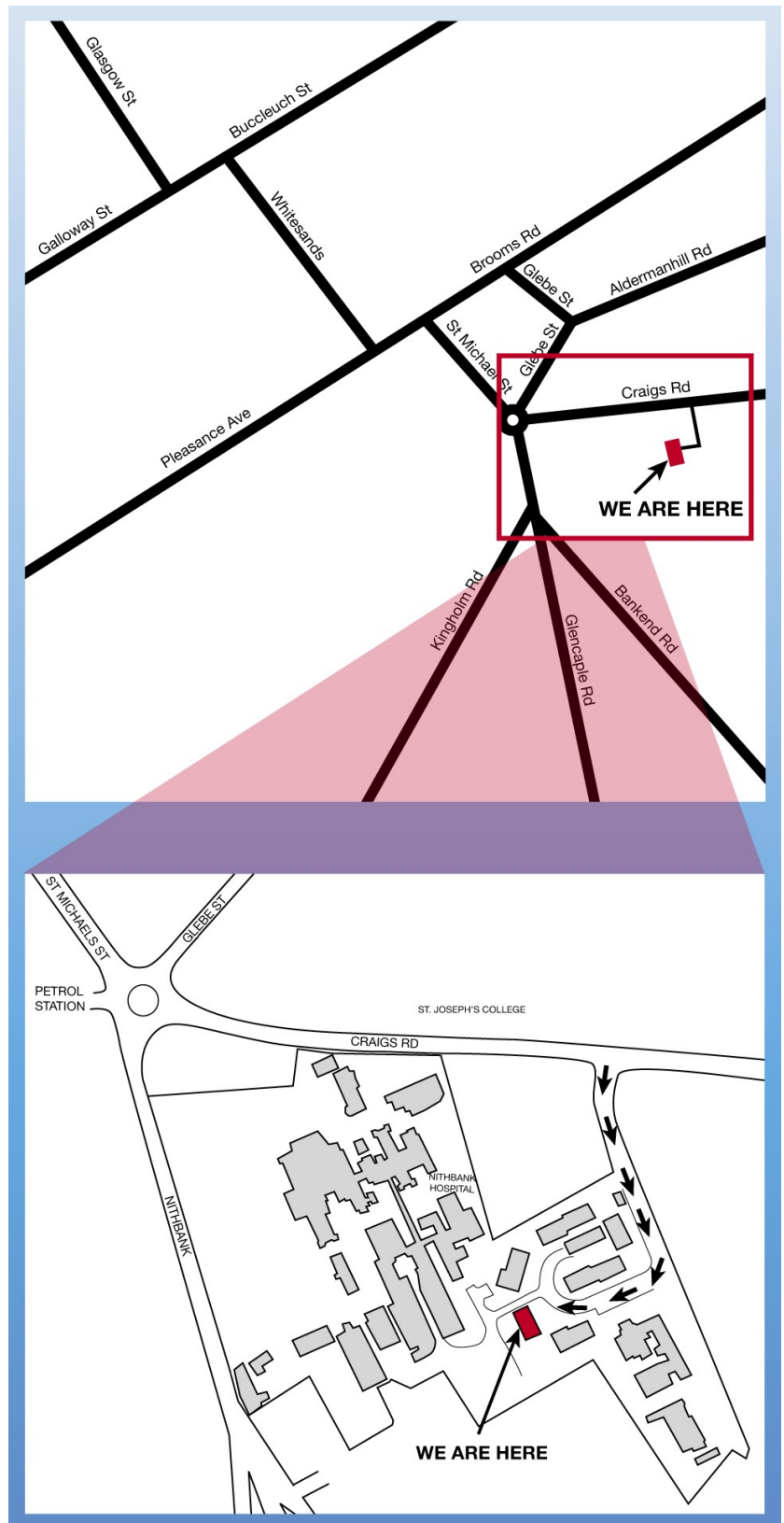
### What do we offer?

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

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

## How to find us:



**Nithbank**  
**Dumfries**  
**DG1 2SD**  
**Tel: 03457 023687**  
**Email: [dgsexualhealth@nhs.net](mailto:dgsexualhealth@nhs.net)**