



Sexual Health D&G Multi Agency Newsletter

Issue 32
Aug 17

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It's cool2talk in D&G!



Cool2talk was launched in Dumfries & Galloway at Youth Beatz on Saturday 12th August 2017. This **online service** provides **confidential** and **anonymous** support for young people age 12+ on **health and wellbeing issues**. Originally developed in Tayside in 2004, Cool2talk is now available in 4 areas of Scotland, including D&G. A **partnership** between DG Health & Wellbeing, the NHS's School Nursing, CAMHS and Sexual Health services, and D&G Council's Youth Work service has enabled a two year pilot of this **digital intervention** locally. Laura Gibson, Health and Wellbeing Specialist and Manager of Cool2talk in D&G said "Bringing cool2talk to D&G provides an **additional opportunity** for your people to **seek the help and support** they need to **maximise their health and wellbeing**. Young people are **digital natives**, socialising, learning and seeking advice online. That's why it is essential to provide **online services** for young people's health and wellbeing. This **partnership approach** in D&G should help **embed digital approaches** in to **existing services** for young people and **ensure sustainability** for future delivery". To find out more visit www.cool2talk.org or view the promotional film [here](#).

We'd like **your help to promote cool2talk** to young people in D&G, please email Laura at lauragibson1@nhs.net for further info.



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
- Highlight services offered by Sexual Health D&G

Thursday 28th Sept 2017 1.30—3.30pm

Thursday 30th Nov 2017 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. **Contact adele.hannah@nhs.net for place.** We can also offer this training to groups of staff at times/venues to suit you.

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

FREE MOTIVATIONAL INTERVIEWING TASTER SESSIONS

Sexual Health D&G Meeting Room

Thursday 26th Oct 2017 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

New medication helps prevent HIV



Pre-Exposure Prophylaxis (**PrEP**) is medication which is now available for HIV negative men who have sex with men (MSM), who are at high risk of becoming infected with HIV.

This is only available by appointment at Sexual Health D&G

Phone: 0345 702 3687

**For more information click [here:](#)
Or [Here:](#)**

PrEP offers a new option to reduce HIV rates, which remain high.



New vaccine to project against

Men who have sex with men (MSM), aged up to and including 45 years of age who attend sexual health / HIV clinics will be eligible to receive the **HPV vaccine** as part of a national HPV vaccination programme.

HPV is the **most common sexually transmitted infection in the UK**. People are often infected with HPV without knowing as there are often no symptoms. Genital HPV infections are highly contagious and usually associated with sexual contact.

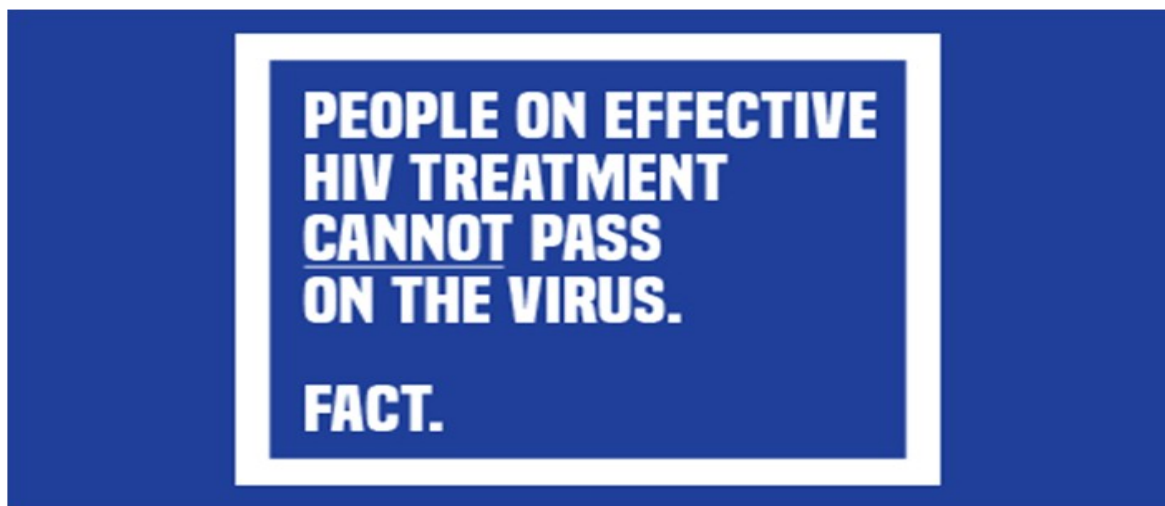
The HPV vaccine will help to prevent infection which can cause genital warts and HPV-associated cancers. It is especially important for those who have multiple sexual partners.

[Drop-in to Sexual Health D&G to find out more](#)

Or for more information click [here:](#)

You can download the leaflet [here:](#)





Can't Pass it On

Terrence Higgins Trust (THT) has got an important message to share this summer. Medical evidence has shown that people on effective HIV treatment **can't pass it on**. If everyone knew this, we could bring an end to stigma around HIV. Not only that, but we could stop HIV transmissions all together. THT has launched their **Can't Pass It On** campaign, to spread this message far and wide. **More information available [here](#):**



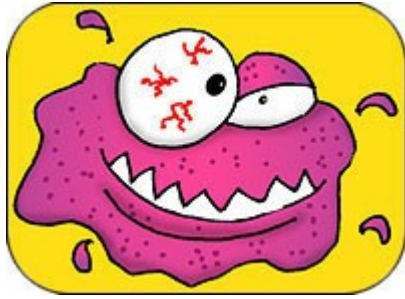
It starts with me

HIV Prevention England's **It Starts With Me** summer campaign (May to August) will relate to condom use, risk reduction and HIV testing. It aims to cut new infections of HIV through condom promotion and the reduction of undiagnosed HIV infection through increased testing. **More testing means more people are aware of their status, making them better placed to prevent HIV being passed on.** As a positive diagnosis leads to viral load reducing treatment, increased testing will also reduce infectiousness on the individual and community level.

The campaign also **promotes condom use** to ensure that any reduction in infections that result from increased testing and treatment are not wiped out by a rise in unprotected sex. 'Test. Treat. Protect. Take Action' runs across the campaign as a call to action. It Starts With Me stresses **the role of the individual responsibility** we all have in stopping the spread of HIV.

More information is available [here](#):

STI becoming untreatable



Gonorrhoea, is a sexually transmitted infection that effects an estimated 78 million people each year according to WHO.

Antibiotic resistance is causing gonorrhoea to become harder and sometimes impossible to treat, according to the World Health Organization (WHO).

Data from **77 countries** shows the infection has **developed resistance to some antibiotics**, and an increasing number of countries are finding that the infection can **become untreatable** by all known antibiotics, according to WHO.

Gonorrhoea can be transmitted through oral, anal and vaginal sex, and can be passed onto a baby during vaginal delivery. The infection can cause pelvic inflammatory disease and infertility if it goes untreated.

Read more [here](#):

Old meningitis B vaccine 'may also protect against gonorrhoea'

The news comes from the results of a study in New Zealand that found people who'd been given an old version of the **Meningitis B vaccine** were **less likely to be diagnosed with gonorrhoea**.

But no protective effect was found for chlamydia, which is often diagnosed at the same time as gonorrhoea.

The publication of the study is timely – just last week the World Health Organization issued a warning about the rise in antibiotic-resistant strains of gonorrhoea.

The researchers claim this is the first vaccine to show any protective effect against gonorrhoea, but the vaccine in question is no longer in use.

The study was carried out by researchers from Sexual Health Services, Waikato District Health Board, and the University of Auckland in New Zealand, and Cincinnati Children's Hospital in the US.

The research was funded by GSK Vaccines, a pharmaceutical company, and Auckland UniServices, a branch of the university that partners academics with industry. No conflicts of interest were declared.

The study was published in the peer-reviewed journal The Lancet

Read more [here](#):

NEW from Wednesday the 5th of July 2017, Rainbow Circle is a weekly group space for the needs of our most vulnerable LGBT Plus community with social opportunities and activities. Hosted by Stacie from 5pm till 7pm at our offices at 22 Newall Terrace, Dumfries. The venue is **FULLY ACCESSIBLE**
Text Stacie on 07469 870500 for more details



**Every Wednesday
5pm till 7pm
at
Newall House,
22 Newall Terrace
Dumfries. DG1 1LW**




Rainbow Circle is a group space for the needs of our most vulnerable LGBT Plus community with social opportunities and activities

Text Stacie on 07469 870500

Working towards equality for LGBT and other diverse adults, their families and supporters in Dumfries & Galloway

Call FREE on 0800 020 9653

Dumfries & Galloway LGBT Plus is a Scottish registered charity No SCO45377



FAAST
Dumfries & Galloway
Families and Allies Supporting Transgender,
a support group for parents and close
others of Transgender people.

We aim to provide a safe and relaxing environment where parents etc can chat to others, identify information that they need and be provided with it. The group can offer support and advice to those who need it.

For more information
Email: support@lgbtplus.org.uk



**LGBT Long Term Condition
Awareness Training: HIV**

Our training courses are designed to inform people and agencies who support LGBT adults, their carers and families, especially those living with or self-managing long term medical conditions (LTC's)

It aims to help you better understand HIV and the stigma facing people living with or affected by HIV and other LTC's

**Thursday September 21st
9.30am till 1pm**

Book at www.ticketsource.co.uk/date/387633

For More Information
Email: Johnathon@lgbtplus.org.uk on 07889 401628

Family Planning Association (fpa)

Sexual Health Week 2017

11–17 September

Let's talk about porn

The theme of fpa's annual Sexual Health Week **talking about pornography** – and there's a lot to talk about!

For staff in partner agencies you could help by spreading the word about how the **sex in most pornography doesn't reflect reality**, nor show how to **protect yourself from sexually transmitted infections** (STIs) or **unwanted pregnancy**.

FPA will **provide resources** for the week that will **help you talk about safer sex**. For example, most pornography doesn't show people using condoms or dams – which can contribute to a false impression that they aren't needed, or will hinder sexual pleasure. In the study we carried out locally for Sexual Health Week last year, more than **half of people didn't think it was true that you can get an STI from oral sex**. Find out more [here](#)

What Did You Tell Us About Pornography, Sex & Technology?

NHS Tayside recently asked young people to complete a survey on their sexual health website to learn more about their feelings and experiences of pornography, sex and technology. They had over 200 responses from young people aged between 12 and 25 years old. You can read the full report [here](#):

The annual sexual health D&G awareness week 22nd –28th January 2018 and the subject will be pornography. One resource will be:

New Pornography Risks Awareness Campaign

The Domestic Abuse and Violence Against Women Partnership (DAVAWP) and Sexual Health D&G are developing a pornography awareness campaign, aimed at directing people to their pornography awareness web pages.

To inform the campaign and to ensure that it is meaningful to local people, a **survey that takes only 2 or 3 minutes to complete is currently running** to gather views from the public and professionals regarding the best wording for the campaign. The survey can be accessed on this link:

<https://www.surveymonkey.co.uk/r/CHXRWGM>

We look forward to your comments and suggestions!

Stay safe, don't send | advice for young people | Gypsy, Roma and Traveller CSE Material

The Children's Society have recently completed a yearlong project to **improve awareness of CSE amongst Gypsy, Roma and Traveller (GRT) communities** and professionals likely to be working with the GRT community.

Stay Safe; Don't Send is an animated film telling the story of Mary Anne who gets into difficulties when sharing a photo online. This video was made by Gypsy and Traveller young people to raise awareness amongst their peers about how to stay safe online. [Watch the clip here:](#)

The film has an accompanying [activity book](#) for young people and [guide for practitioners](#).

Translated leaflets and posters outline the warning signs of child sexual exploitation, and where young people, parents and carers can find help and information. These can be downloaded and used by members of the community or professionals to display or distribute as appropriate. English language versions are also available.

[Slovak poster](#) [Slovak leaflet](#) [Romanian poster](#) [Romanian leaflet](#)
[English poster](#)

Three Girls



This powerful drama is based on the experiences of three of the vulnerable young girls who were groomed, sexually abused and trafficked by British Pakistani men in Rochdale and of the failure of the authorities to do anything about it. You can watch the trailer [here](#):

On measuring the number of
vulnerable children in England

JULY 2017

The Children's Commissioner for England, Anne Longfield, has published a **new analysis** that reveals, for the first time, the **scale of vulnerability among children in England**. *'The Children's Commissioner's Report on measuring the number of vulnerable children'* brings together a range of information held by various government departments, agencies and others. Its initial analysis reveals a host of **shocking statistics about the number of children living in vulnerable situations**.

Almost **700,000 children** are living in families that have vulnerabilities, including over 15,000 children living with an adult receiving **alcohol** treatment and nearly 12,000 living with an adult in **drug** treatment.

580,000 children – equivalent to the population of Manchester – are so vulnerable that the state has to step in and provide direct care, intervention or support.

370,000 children whose actions have put their futures at risk, including 160,000 children **temporarily or permanently excluded from school in**

800,000 children aged 5 to 17 suffer mental health disorders.

200,000 children are judged by their local authority to have experienced **trauma or abuse**.

An estimated **46,000** children are thought to be **part of a gang**.

119,000 children are **homeless** or living in insecure or unstable housing.

170,000 children are estimated to do **unpaid caring for family members**, of which many have not been identified and offered support.

1,200 children are newly identified victims of **modern slavery** per year.

Read the full Report and long term programme of future plans [here](#): 9

LGBT Youth Scotland News

LGBT Youth Scotland have produced a **short film about LGBT work and services in Dumfries & Galloway**. It was made by a student as part of their portfolio. The sun was shining when it was made and is very well done. You can watch the film [here](#):

New report on mental health of LGBT young people



The youth commission found that LGBT young people are most likely to experience poor mental health as a result of experiencing prejudice or discrimination. In particular they noted bullying at school and pressure to conform to gender norms as key causes of poor mental health amongst LGBT young people. Read more [here](#):

Funding for day trip to the beach



"Thanks to Cashback funding LGBT Youth Scotland Dumfries & Galloway were recently able to take 9 young people on a day trip to Sandyhills beach. It was a lovely sunny day and everyone especially enjoyed working in teams for the sandy castle/structure building competition. Since this event we have seen positive changes in participants in their physical/emotional/mental health, confidence and self-esteem." Julie-Ann Lyons

Domestic abuse can be more than physical violence

IT'S YOUR FAULT!
YOU'RE PATHETIC

I DON'T LIKE IT WHEN YOU WEAR THAT DRESS

I WANT TO KNOW HOW MUCH YOU'VE SPENT ON THAT

WHO WERE YOU TALKING TO?

LOOK WHAT YOU'VE MADE ME DO TO YOU...

I'LL PHONE SOCIAL WORK IF YOU DON'T DO WHAT I SAY...

YOU SHOULDN'T TAKE THAT JOB...YOUR PLACE IS IN THE HOME

YOU'RE USELESS

YOU SHOULDN'T BE DOING THAT COURSE...

THE KIDS NEED YOU AT HOME...

I'M THE ONLY ONE WHO CAN UNDERSTAND YOU...

YOU SHOULDN'T SEE YOUR FRIENDS SO OFTEN...IT'S NOT GOOD FOR YOU

YOU CAN'T DO ANYTHING RIGHT

NO ONE WILL BELIEVE YOU!

I'M SO SORRY...YOU KNOW I LOVE YOU...I CAN CHANGE...

I CAN'T LIVE WITHOUT YOU

Emotional Abuse...there's NO excuse...

Help is
available

Police (Domestic Abuse Unit) 101 In an emergency phone 999

Dumfriesshire & Stowartry Women's Aid

01387 263 052 or 07710 152 772 (24hrs)

Wigtownshire Women's Aid

01776 703 104 (24hrs)

South West Rape Crisis & Sexual Abuse Centre

01387 253 113 or 01776 889 331 (9am to 9pm)

National Domestic Abuse Helpline

0800 027 1234 (24hrs)

You're not
alone

Everyone has the right to
be free and safe, and to
be treated with respect in
their relationship...



DUMFRIES AND GALLOWAY
DOMESTIC ABUSE
VIOLENCE AGAINST WOMEN
PARTNERSHIP

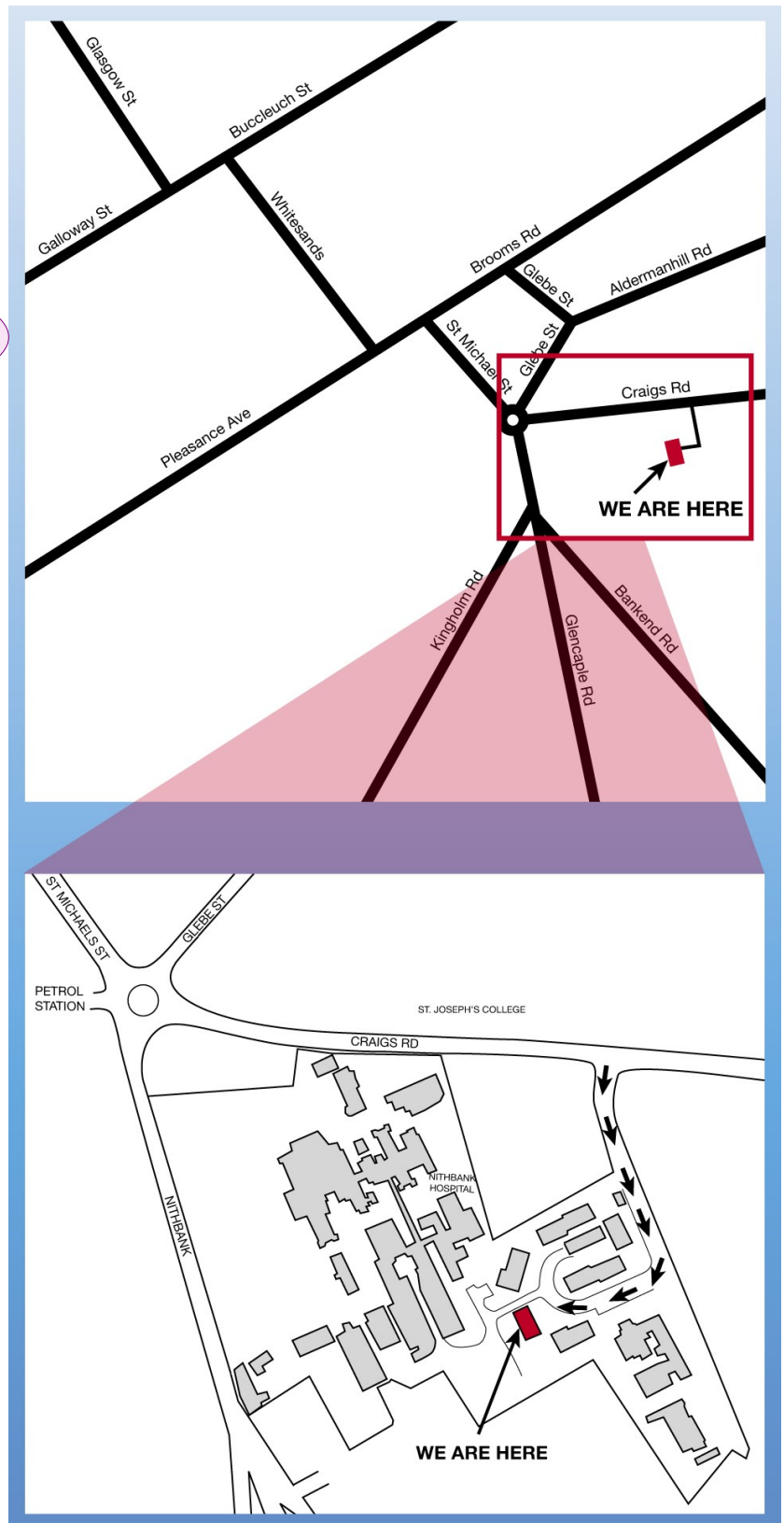
What do we offer?

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