



ISSUE 5

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C4U NEWSLETTER

August 2008

WELCOME

Welcome to issue 5 of C4U newsletter and hope you have all had a good summer despite the weather. Here's hoping we get an 'Indian Summer' to boost us all before Winter.



Postal testing kits for Chlamydia started being distributed from the Department in May 2007 to various agencies across Dumfries & Galloway. The kits can also be requested via www.c4urself.org.uk. The postal kits give people the option to be tested without attending a clinic or their Doctors, which can be difficult, for many reasons in a rural area like Dumfries & Galloway. The availability of the kits operate as part of the wider Sexual Health Service and have allowed opportunistic testing in agencies and events across Dumfries & Galloway.

Year ending 31st March 2008 witnessed 44% of the PTK's, distributed from the Department, issued to people from various agencies and events across Dumfries & Galloway. The PTK's have been issued in supervised and unsupervised settings. Dumfries and Galloway had a 25% return rate, which is the same for Lothian in unsupervised settings¹. Returns from supervised individual settings in Dumfries & Galloway are significantly higher and several show a 100% return rate. Unlike Lothian the PTK's have proved popular both in the local college and university. However, similar to Lothian some settings seem to work better



'It's My Right'

'It's My Right!' fpa's Sexual Health Week 4-10th August 2008

This year the FPA is focusing on the rights of people with learning disabilities/difficulties in the context of sexual health and relationships. As the FPA state on their website

www.fpa.org.uk

'Fulfilling whatever it is we desire from an intimate relationship is one of our fundamental needs as a human being. Everybody has the right to have sex and relationships if they want, in whatever context they choose.'

A selection of posters, which can be viewed on their website, have been produced for the campaign. There are also top tips for practitioners and resources available. If anybody would like more information on Sexual Health and Disability please contact Fiona Gleghorn - fiona.gleghorn@nhs.net or 01387 244508

New Project

Free provision and distribution of condom, dams, PTK's to hard to reach/vulnerable groups.

Some of the actions identified in the Dumfries and Galloway Sexual Health and Wellbeing Strategy and Action Plan, is to reduce the incidence of sexually transmitted infections (STIs) and the number of teenage pregnancies across the region by improving access to condoms and sexual health screening particularly for those in hard to reach and/or vulnerable groups. When it comes to sexual health there are many inequalities; some hard to reach and/or vulnerable groups in society can be more likely to suffer from poor sexual health than others. The Sexual Health and Wellbeing Strategy identifies a number of hard to reach and/or vulnerable groups. These groups are not mutually exclusive and people may be in more than one group. This new project is aimed at adults over 20 and will compliment and add value to Dumfries & Galloway's Sexual Health and Wellbeing Strategy, which supports a multifaceted and multi agency approach to sexual health. The values and principles of Dumfries & Galloway's Sexual Health Strategy underpin this project.

If anyone knows of any groups or agencies that may benefit from this project please contact Adele Hannah adele.hannah@nhs.net or call 01387 244436



New Roles Within The Department of Sexual Health

Dumfries & Galloway's Sexual Health & Wellbeing Strategy identifies a large number of hard to reach and or vulnerable groups. To this effect a hard to reach working group (HTR) has been set up and the following people have given responsibility for the following :

Alcohol and Drugs - Maggie Gurney

Disability - Fiona Gleghorn

Looked after children- Jane Phelps

Ethnic Community - Adele Hannah

Prison - Janette Wallace

LGBT - Dr Janice Allan

Obstetrics & Gynaecology - Elaine Currie



Dumfries & Galloway's Sexual Health
Week Mon 26th Jan - Sun 1st Feb 2009
'Breaking Down Barriers'

Following on from the Regions inaugural Sexual Health Week next years theme will be 'Breaking Down Barriers.' Sexual Health faces many barriers such as values & principles, cultural and societal 'norms', ageism, disabilities, mental health, partnership and personal working. The barriers to be broken down will vary from person to person and agency to agency. It is hoped that after raising awareness amongst professionals this year that agencies /partnerships will use the Sexual Health Week as an opportunity to break down barriers they face in their environment. Resources are available from The department to assist in any activity you may have in mind.



Dates for Diary

C4U Training

Friday 19th Sept 08

9.15-4.00pm

Woodlands Hotel

Newbridge

Dumfries

MASH Training

Tues 9th Dec 08

9.15-4.00pm

Woodlands Hotel

Newbridge

Dumfries

To book a place on either dates

Contact Adele Hannah

Adele.hannah@nhs.net

01387244436



NITHSDALE

Crichton Campus is running its fresher's week 6th - 10th October with numerous events planned for new students. With Dumfries & Galloway College being on the campus there will be lots of opportunities to promote C4U. ECHO's premises are currently being re-furbished and they are holding an open day 16th August. LGBT are having their inaugural Pride at Park Farm, 16th Aug 12-4.00pm. Among the attractions will be a performance from Michelle McManus and a youth information tent.

WIGTOWNSHIRE

A Bluelight disco was held in Wigtown at the beginning of July - 26 young people attended and are keen to hold a similar event. The Police were impressed with the 'dry bar cocktails. C4U is being piloted for 6 weeks in an outreach capacity in Whithorn and this may be the way forward in other areas of the Region.

ANNANDALE & ESKDALE

Victoria Halls, Annan was the setting recently for parents, carers and grandparents to come along to see and discover some of the issues facing young people around sexual health and relationships. Pace Theatre company presented a live performance of 'Facing the Consequences', a drama about sexual health issues. Unfortunately the event was poorly attended -breaking down barriers of parents and young people continues to be problematic. However, various agencies attended the evening and this was a good example of positive partnership working.

Annan Academy will have a new fulltime youth worker from start of academic year.

The C2U will reopen in Langholm at the start of the new academic year. It will operate from the First Aid Room in Langholm Academy on Monday's 1.-1.45pm. The School nurse is very enthusiastic and the school is being very supportive.

STEWARTRY

Health Fayres were recently held in Castle Douglas, Kirkcudbright and Dalbeattie. Information from the Department was distributed and the stall was particularly well visited in Dalbeattie both by young people and parents