



Issue 14  
August 2011

Welcome to Issue 14 of the Sexual Health D&G Newsletter. We hope you have had an enjoyable summer break, regardless of the disappointing weather conditions! There has been a lot going on in the world of Sexual Health since our last edition, read on to find out more....



## Inside this issue

~Review of sexual health standards	2
~NAAT test launch	
~Termination rates decline	
~Operation Resolve	3
~Female Genital Mutilation	
~LGBT Charter Mark	
~Rural LGBT project	4
~Teenage Pregnancy	
~Strategy Action Plan	
~Key trends in sexual health	5
~BBC Resource pack	
~fpa sexual health week	6
~WISH conferences	
~Sandyford workshop	
Sexual Health Service Information	7

## Celebrating Excellence 2011



Pictured (L-R) are Fiona Gleghorn, Adele Hannah and Anne Kingstree receiving the 'Team of the year within the Improvement to Care/Services' on behalf of the Team at Sexual Health D&G

More than 200 NHS Dumfries and Galloway staff turned out to 'Celebrate Excellence' at a glittering ceremony in May this year. The NHS Celebrating Excellence Awards aim to formally acknowledge and recognise the outstanding work of invaluable staff.

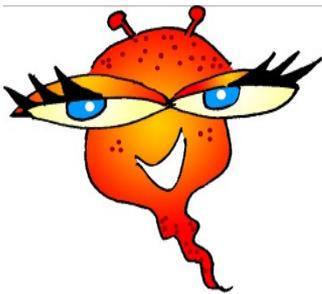
There were eleven award categories in total and a variety of nominations were received from staff and members of the public. Sexual Health D&G were delighted to win the award for 'Team of the year within the Improvement to Care/Services' which was sponsored by the University of the West of Scotland. The team at Sexual Health D&G were congratulated for their commitment to positive sexual health services across Dumfries & Galloway. All members of staff at Sexual Health D&G have contributed to improving the patient journey by improving access, quality of service and efficiency. Congratulations to each and everyone of you!

Health Improvement Scotland (HIS) was launched on 1st April 2011 to supersede Quality Improvement Scotland (QIS). They recently carried out a review of Sexual Health Services in Dumfries and Galloway against the national 'Standards for Sexual Health Services'. All Health Boards in Scotland were required to complete a self-assessment showing evidence of the nine standards, which was then reviewed by a peer group.

There were several areas of 'good practice' identified in NHS Dumfries & Galloway, with the following strengths acknowledged:

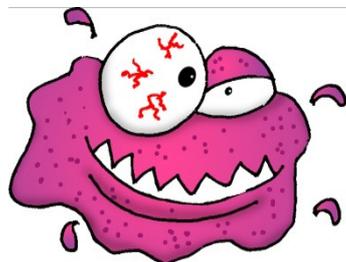
- ◆ Strong partnership working arrangements, particularly with education and primary care colleagues
- ◆ Comprehensive sexual health services for young people, including those who are looked after and accommodated
- ◆ Robust arrangements for providing sexual health services through primary care, using locally enhanced services, to ensure it can meet the needs of its remote and rural population

The full report for NHS Dumfries & Galloway's Sexual Health Services and other Health Boards in Scotland can be found [here](#).



## 2 for 1 test launched in D&G

The Microbiology Department NHS Dumfries & Galloway have introduced the new Nucleic Acid Amplification Test (NAAT) for **Chlamydia** Trachomatis and **Neisseria Gonorrhoea**. Specimen collection containers have changed and there is now self taken swab for females and urine collection for males. Postal testing kits (PTKs) have changed to embrace this new test. Sexual Health D&G is in the process of providing their partner agencies with the new style kits. All Pharmacies across Dumfries & Galloway have a supply of these free kits and a voucher can be downloaded [www.c4urself.org.uk](http://www.c4urself.org.uk) to hand over in your local pharmacy or ask to speak to the Pharmacist to obtain a kit.



## Termination rates on the decline

The latest figures from Information Services Division Scotland (ISD) reveal that the number of girls under 16 in Dumfries & Galloway having a Termination of Pregnancy (TOP) in 2010 has dropped by 57% from the previous year.

There has also been a drop in the 16-19 year age group. However a slight increase has been shown in the numbers in the 20-24 year olds having terminations. It is difficult to draw any meaningful conclusions regarding trends from these figures as numbers are small. However, we are confident that local sexual health and relationships education programmes for young people addressing reliable contraception and the implication of risky sexual behaviour will continue to contribute to the fall in the number of terminations. Click [here](#) to read the full report.



## Award for Operation Resolve

Operation Resolve is a multi-agency approach which aims to work collaboratively to address the health and welfare risks associated with the excessive consumption of alcohol by children and young people within the Dumfries area.

On targeted evenings, Youth Workers, Social Education Workers and Sexual Health worked together with the Police to bring any young person under 16 found to be under the influence of alcohol to the Oasis Youth Centre where trained Youth Workers are available to offer information on a range of health topics and diversionary youth activities. An Alcohol Brief Intervention is delivered to the young person and enquiries made about risky sexual activity. Parents/carers are required to collect the young person from the Oasis Centre and information is provided on health topics and diversionary activities.

While the Project has not completely eradicated the consumption of alcohol by young people, it has made a significant difference in addressing the problem, particularly in the reduction of young people found to be in possession of or having consumed alcohol, a reduction of alcohol related admissions to accident and emergency and an increase in the number and range of youth activities available.

Dumfries & Galloway Constabulary scooped one of the 5 national COSLA Excellence Policing Awards for Operation Resolve in November 2010.

**Domestic Abuse**    **Rape**

**Childhood Sexual Abuse**    **Forced Marriage**

**Trafficking of Women and Girls**

**Prostitution**    **Lap / Pole / Table Dancing**

**Pornography**    **Female Circumcision (Female Genital Mutilation)**

**Honour Based Crimes**    **Sexual Assault**    **Stripping**

**Sexual Harassment**    **Stalking**

**By saying NO to Violence Against Women...  
...we are saying YES to a fairer society.**

Police (Domestic Abuse Unit)    **0845 600 5701**  
 National Domestic Abuse Helpline    **0800 027 1234**  
 Scotland CrimeStoppers (to report crime anonymously)    **0800 555 111**

Domestic Abuse and Violence Against Women Partnership (DAVAWP) - Working Together in Dumfries and Galloway

Due to recent migration trends and an increase in the number of Black and Ethnic Minorities Communities within areas of Scotland, there is a need to raise awareness of **Female Genital Mutilation (FGM)** in order to work towards preventing and eliminating it. Violence Against Women Scotland have published a briefing paper, click [here](#) to find out more.

## NHS Maternity Services Achieve Charter Mark



Dumfries & Galloway Maternity Services have achieved the LGBT Charter Mark. The Charter Mark ensures that services are accessible to lesbian, gay, bisexual and transgender people and issues are mainstreamed into the activities of maternity services so that LGBT people can feel confident that they will be included, valued and supported. LGBT people deserve to be treated fairly, equally and without discrimination.

Champions within Maternity Services have been identified who can signpost and support LGBT people for further information. An evidence folder has been created which will be available in September 2011 for all maternity staff. Within this evidence folder information on current policy, articles of interest, training and other resources are included.

To find out more about Maternity Services click [here](#) and to find out more about the LGBT Charter Mark click [here](#).

## New Rural Project for the Far East and the Wild West!



Being LGBT in a largely rural area can leave many people feeling isolated and alone... Ever wondered if you're the only gay in the village?! Many of us hope we can connect with an LGBT community where we can find social opportunities and support, without necessarily having to migrate to a city with a more visible LGBT 'scene'.

In response to some of these issues particular to our region, we are excited to announce the launch of our new LGBT Rural Outreach and Capacity Building Project, part-funded by the Scottish Government and the European Community D&G LEADER 2007-2013 Programme, to help us reach out to more isolated people in the community and allow them to access our services more easily.

The project will focus mainly on 2 rural areas in Dumfries & Galloway: Annandale & Eskdale and Wigtownshire. We will be setting up meetings and social opportunities for community members and a professionals' forum in each of the areas and recruiting and training more volunteers to join our great team! Check out the dates in our [calendar section](#) to find out how you can get involved, and watch this space for fantastic events coming up in these areas!

To develop this project we are also keen to find out your views on the needs and issues for LGBT people in both Annandale & Eskdale and Wigtownshire. We have designed a short survey which is mainly tick boxes and is completely confidential and will not identify you personally. Please visit our [website](#) to complete it now (you may have to allow pop-ups to view the survey). We want to hear your views!!

### Reducing Teenage Pregnancy in D&G

In January 2011 the Young People's Sexual Health Steering Group (YPSHSG) finalised it's first action plan to reduce teenage pregnancies in Dumfries and Galloway. Using the recently published guidance document from NHS Health Scotland and Learning Teaching Scotland, the group undertook a self-assessment of current activities and services which impact on teenage pregnancy. The self-assessment highlighted a number of weakness and challenges.

An initial one year action plan has been created with the intention of retaking the self-assessment and developing a more strategic three year action plan for 2012-15.

To view the action plan for 2011 click [here](#).

Other than NHS Tayside, which participated in the pilot of for the national guidance, NHS Dumfries and Galloway is the only health board area in Scotland who have developed an action plan, this is testament to effective inter-agency working.

### Sexual Health Strategy

#### Action Plan Update

The Sexual Health Strategy Implementation Group (SHSIG) are currently developing a **new action plan** to improve the **sexual health and wellbeing** of the population of Dumfries and Galloway. If you would like to contribute to the new action plan please contact **Laura Gibson** on 01387 27275, email [lauragibson1@nhs.net](mailto:lauragibson1@nhs.net) or **Maggie Gurney** on 01387 244619, email [mgurney@nhs.net](mailto:mgurney@nhs.net).

## Key trends identified in new Sexual Health Information Report

The sixth annual report from **Sexual Health Epidemiology Group (SHEG)** for Scotland summarises data available up to the end of 2009 and aims to focus on longer term sexual health trends and provide an interpretation for what these trends mean for sexual health and service provision in Scotland.

The report highlights that:

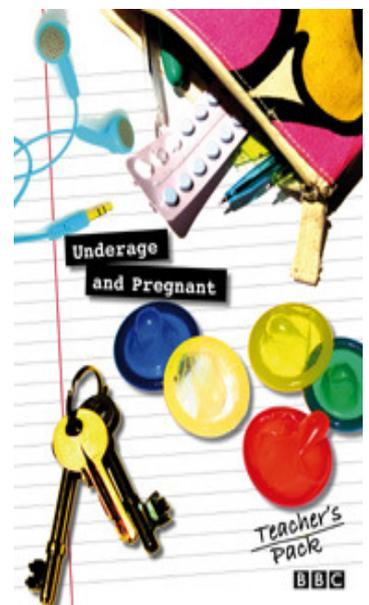
- Diagnoses of **sexually transmitted infections (STIs)** among heterosexual men and women **continue to increase**; young people, aged less than 25, are the group most at risk of being infected with an STI.
- Just under half (48%) of all Chlamydia testing performed in 2009 was undertaken on under 25s: this proportion has not changed over the last five years.
- **Most HIV infection in Scotland is sexually acquired** and there are indications of undiagnosed cases of infection in the community. Further testing is required to reduce the levels of undiagnosed infection and get people into treatment and care as early as possible
- The sexual health of **men who have sex with men (MSM)** continues to be of **concern** as there is evidence from both infection and survey data of continuing high risk behaviour: the elevated risk of HIV transmission remains. Increased opportunities for **behavioural interventions to promote safer sex** are key to ensuring improved sexual health among MSM.
- **Teenage pregnancy rates have remained stable** (but higher than most other Western European countries) during the past decade. There continues to be a **strong association** between **deprivation** and high rates of **teenage pregnancy**. The availability of good sex and relationships education (SRE) and the empowerment of young women to make informed choices about their future continue to be of importance.
- High rates of STIs, teenage pregnancies, and abortions indicate that **young people continue to take risks**, including the inconsistent use of contraception - unprotected sexual intercourse remains a problem. Effecting behavioural change among this age group remains crucial in ensuring their sexual health and wellbeing.

The full report is available to download [here](#).



### Underage and Pregnant resource pack

BBC Learning has compiled two resource packs featuring footage from the BBC Three documentary series, Underage and Pregnant. Both the Teacher's Pack (which includes curriculum based exercises) and the Youth Pack (designed for use in more informal settings) contain exercises that address different aspects of teenage pregnancy, sexual health, relationships and parenting. Click [here](#) for more information. School staff can access the Teachers Pack via the Health and Wellbeing pages of Glow



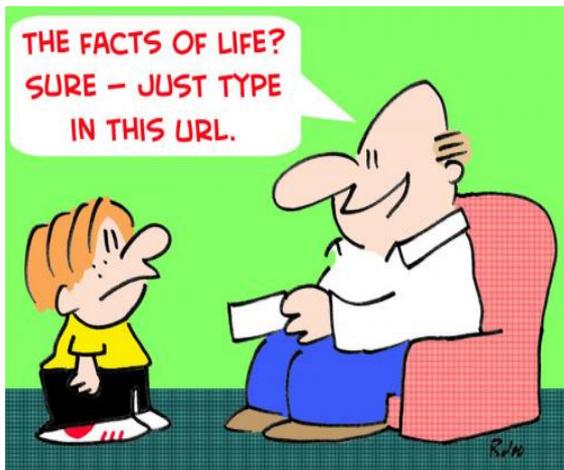
# fpa's Sexual Health Week 2011

## Facts of Life—Talking to your child about sexual health

Facts of Life, the family planning association's (fpa) Sexual Health Week from 12th to 19th September 2011, aims to encourage parents and carers of children aged 4 to 14 to talk to their children about puberty, sexual health and relationships.



Supported by Morrisons Supermarket, the campaign aims to give mums, dads and carers the information and confidence they need to talk to their children about the facts of life. Visit the [fpa website](#) to find out more, download resources or order your free campaign pack.



The annual **West of Scotland WISH Conference** will take place at the Trades Hall in Glasgow on 15th September. The theme 'Men; Breaking the barriers' aims to bring together professionals working cross the West of Scotland to explore best practice in engaging with men around sexual health issues. The event is now oversubscribed but look out for a conference summary in the next issue of Sexual Health D&G (due December 2011).



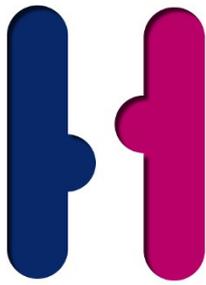
The annual **National WISH Conference**, planned for **January 2012**, will be NHS Health Scotland's first ever **virtual conference**. Planning is well underway with practice runs scheduled for mock participants to trial logging into the conference website from their desktops. The motivation for a virtual event is based on **cost saving principles** of reduced travel and Dumfries and Galloway will fully embrace this approach by setting up an opportunity for colleagues across the region to come together in a central venue to access the conference so as to provide additional local opportunities for **networking without travelling** to the central belt. Look out for more details in the December issue of Sexual Health D&G.

**SANDYFORD**  
caring about sexual, reproductive and emotional health

**22nd November 2011**  
**Campanile Hotel, Glasgow**

**S**andyford  
**W**orkshops in  
**I**ntegrated  
**S**exual  
**H**ealth &  
**H**IV

This is the 'new' programme which replaces the STIF course. This course is aimed at clinical staff. To find out more contact Eileen Elder at [Eileen.elder@scot.nhs.uk](mailto:Eileen.elder@scot.nhs.uk)



**Sexual Health**  
D&G

[www.c4urself.org.uk](http://www.c4urself.org.uk)

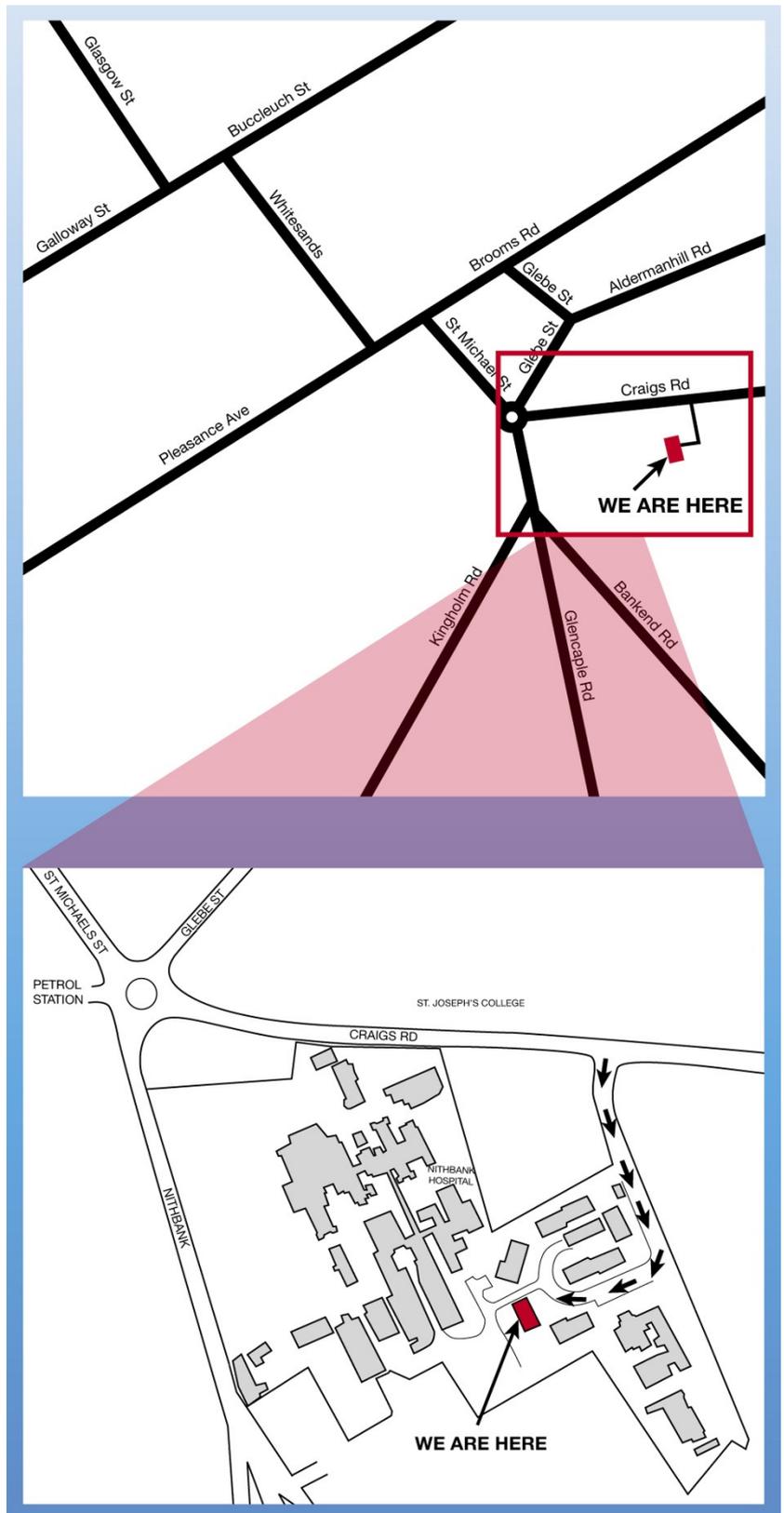
### What do we offer?

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 hours before testing

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

## How to find us:



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Send us your news for next issue due December 2011