



# Sexual Health D&G Multi Agency Newsletter

Issue 29  
AUG 2016

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## Teenage Pregnancy Declines

The latest **teenage pregnancy statistics**, for **2014**, were recently released by ISD Scotland. Overall the **rates of teenage pregnancy are falling**, both across Scotland and in D&G. The publication from ISD Scotland can be accessed [here](#).

In under 16s the rate is **up slightly from 2013** but is **still lower than in previous years**. For 2014 we are **4th equal highest** in Scotland, in comparison to 2013 when D&G had the lowest rate in under 16s.

Pregnancy in **under 18s have increased** from 2013 and we now have the 2nd highest rate in Scotland. In the **under 20s rates have fallen** and we are now sitting below the Scottish average.

	Numbers (** suppressed)			Rate (** suppressed)								
	2012	2013	2014	2012			2013			2014		
	D&G	D&G	D&G	D&G	Scot-land	From top	D&G	Scot-land	From top	D&G	Scot-land	From top
Age <16	17	**	10	6.8	5.6	2nd	**	4.7	11th	4.5	4.2	4th
Age <18	74	49	61	28	28	6th	18.8	24.6	11th	24.4	22.1	2nd
Age <20	181	157	136	42	41.7	6th	36.8	38	7th	33.5	34.1	8th
White background is D&G stats Pink shading is Scotland stats Grey shading is rating in health board league tables												

Although rates overall are decreasing, **the inequalities gap is widening**. Girls living in the most deprived areas are up **to 4.6 times more likely to experience a pregnancy** and nearly **12 times more likely to continue the pregnancy** as someone living in the least deprived areas of Scotland. To find out more about our **local approach** to teenage pregnancy **see page 2**.

## Pregnancy and Parenthood in Young People

### National update

For year one of the new **Pregnancy and Parenthood in Young People Strategy**, the **Scottish Government** will have **three key areas** of focus:

- Developing key messages on healthy relationships
- Developing a guide for midwives, doctors, maternity support workers and receptionists on supporting young people through pregnancy
- Developing an online resource/digital app for young parents

### Local update

Work is underway is to **identify an accountable person** through Community Planning structures. This person will be responsible for ensuring the delivery of the strategy including a **self assessment of current activities** and the **development of an action plan and pathways** for data collection and sharing.

### Local pathway

A integrated **pathway for supporting pregnant teenagers and teenage parents** in D&G was developed in 2015. The guidance provides **a route map** for all staff working with young people of the pathways of care and support available throughout pregnancy and early parenthood. For NHS staff the guidance is available on HIPPO (under Maternity Service). Alternatively, please contact Laura Gibson for a copy [lauragibson1@nhs.net](mailto:lauragibson1@nhs.net).

## Preconception Health

Two new independent reports commissioned by NHS Greater Glasgow and Clyde identify opportunities for better pregnancies, healthier parents and thriving babies. **Missed Periods**, and its primer paper **Prepared for Pregnancy**, both written in plain English, aim to **raise awareness** about preconception health, education and care, particularly within the Scottish context. The author hopes that **positive actions at individual, local and national levels will ensue** and that prospective parents will find it **informative, valuable, empowering and supportive** as they make their **decisions about parenthood**.

A Toolkit for **talking with service users** about **preconception health** has been developed for staff in D&G. Tested within Sexual Health and Pharmacy, the Toolkit includes information on **risk indicators, health enhancing behaviours** and tips for **raising the issue of preconception health**. Contact [lauragibson1@nhs.net](mailto:lauragibson1@nhs.net) for your copy.

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

**Thursday 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)**

**THESE SESSIONS ARE NOT SUITABLE FOR SERVICE USERS OR THE GENERAL PUBLIC**

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

**Tuesday 1st November 2016**

**Garroch Training Centre, Dumfries**

**9.15am—4.00pm**

This training will cover:

**Child Sexual Exploitation**

**Grooming**

**Pornography**

**Social networking - Risks**

**Rape/Consent**

**Tools for practitioners to use**

**THESE SESSIONS ARE NOT SUITABLE FOR SERVICE USERS OR THE GENERAL PUBLIC**

## **NEW MOTIVATIONAL INTERVIEWING TASTER SESSION**

**in Meeting Room at Sexual Health D&G,**

**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 SUITABLE 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
- Highlight services offered by Sexual Health D&G

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 . **Contact [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net) for place.** We can offer to do this training to group of staff at time/venue to suit you.

**Free White Ribbon Speaker Training Wednesday 19th Oct—9.30—4.30pm**  
**Committee Room, Woodbank, 30 Edinburgh Road, Dumfries, DG1 1NW**

**The training will cover:**

- Gender Based Violence – an overview
- The White Ribbon Campaign
- Prevention
- The Bystander Approach



**This training is free of charge** and open to anyone who wants to contribute to preventing domestic abuse and other forms of gender based violence.

**To book a place or for more information, please contact:**

**[Kate.Barrick@dumgal.gov.uk](mailto:Kate.Barrick@dumgal.gov.uk) or phone 01387 245190**

## CHANGE TO CERVICAL SCREENING

From Monday **6 June 2016**, the age range for cervical screening will change **from age 20–60 to age 25–64**. The frequency of cervical screening will continue to be every three years from age 25–49, but will change to every five years for women from age 50–64.

### Why are the changes happening?

These changes were recommended by a review of the evidence on the effectiveness of screening across age groups, bringing Scotland into line with practice elsewhere in the UK. Data shows that screening women below the age of 25 has little or no impact on rates of invasive cervical cancer. But evidence shows that women up to the age of 64 can also benefit from cervical screening. In women aged 50 or above, screening every five years offers adequate protection.

Leaflets with more information can be [found here](#) and are available in English, Polish, Simple Chinese and Urdu.

**stop cancer, before it starts**

# A smear test could save your life

**Don't ignore your invitation.**

**NHS** SCOTLAND

**healthier scotland**  
SCOTTISH GOVERNMENT

# 5,000 lives are saved

by **cervical screening** in the UK every year.

**Could yours be the next one?**

**Don't ignore your invitation for your **smear test**.**

Get the facts at [nhsinform.co.uk/screening](http://nhsinform.co.uk/screening) or call 0800 22 44 88

**NHS** SCOTLAND

**healthier scotland**  
SCOTTISH GOVERNMENT

ST 421 - 10/16/15/16

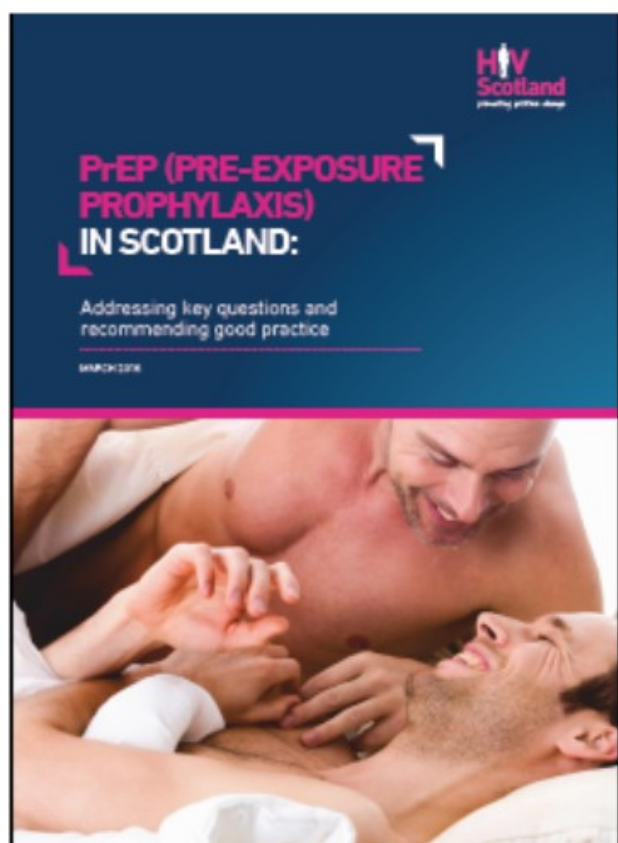


Scottish Drugs Forum are pleased to launch the first dedicated HIV resource for Scottish drugs sector staff for over a decade.

Emma Hamilton, National Training and Development Officer at SDF, has developed the resource in partnership with Greater Glasgow and Clyde Health Board in response to the outbreak of HIV in Glasgow - which has affected over 50 people.



[Download resource here.](#)



## HIV Scotland PrEP publication

Pre-exposure prophylaxis, or **PrEP**, is a way for people who do not have HIV but who are at substantial risk of getting it to prevent HIV infection by taking a pill every day.

HIV Scotland have published their report on PrEP. **The report sets out the background and evidence for PrEP, while also providing a Scottish context and answering key questions.** It also outlines recommendations for what needs to happen now, and in the future to ensure safe and effective use of PrEP in Scotland.

[Read Report here.](#)

**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)

**The Domestic Abuse and Violence Against Women Partnership (DAVAWP) continues promoting and working in partnership with the White Ribbon Campaign.**

The Campaign gives people the opportunity to add their voices to an international and local effort to stop domestic abuse and other forms of gender based violence by signing the **White Ribbon Pledge** – **“To never commit, condone or remain silent about violence against women in all its forms”**.

Participation in the campaign does not involve any other commitment than signing the White Ribbon Pledge but for those who would like to be more involved **email [domesticabuse@dumgal.gov.uk](mailto:domesticabuse@dumgal.gov.uk)** for more information.

**If you would like to sign the White Ribbon Pledge, please click on this link**

## **New Website for survivors of Domestic Abuse in Scotland**



**Fearless is a national domestic abuse service for survivors of domestic abuse in Scotland.**

**QUIT!**

**Fearless, has launched a new website offering information and resources on the service and allowing users to make a referral online and works with survivors of domestic abuse over 16 years old of all races, religions, beliefs, abilities, gender identities, sexes or sexual orientations. Dedicated case workers will offer one to one support and mentoring and in areas such as: **healthcare, housing, emotional support, practical support, safety planning, addictions and assistance to access appropriate benefits**. The service also offers practical support for survivors to access a range of services and will support appropriate inclusion within communities. **Fearless is funded by the Big Lottery Fund and is a partnership service between Sacro, Shakti Women's Aid, Respect and LGBT Youth Scotland.****

## LEGAL HIGHS

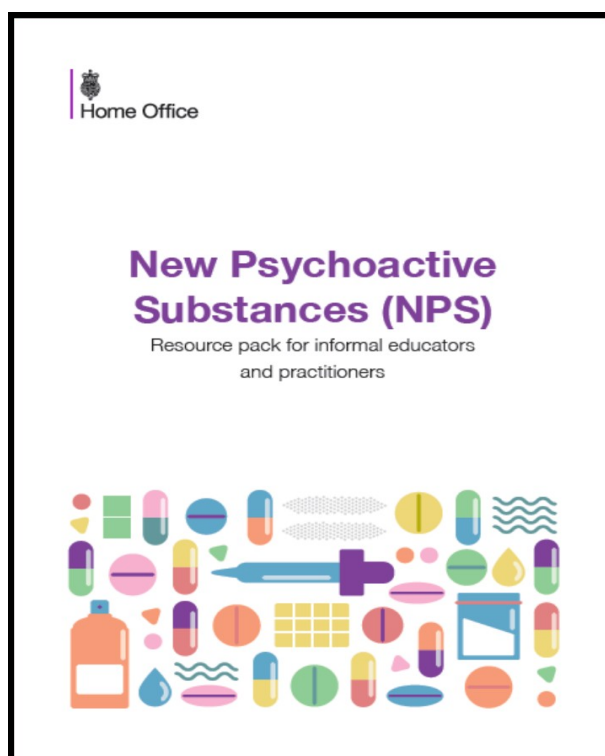
Laws criminalising the production, distribution, sale and supply of what are otherwise known as new psychoactive substances began at midnight 26<sup>th</sup> May 2016

**The chemicals, sold under names such as spice and black mamba, are designed to give users the same effect as drugs like cannabis and cocaine.**

Last year legal highs were linked to more than 100 deaths in the UK and a rise in violent assaults in prison.



[Click here to read full Report](#)



The Home Office has developed a resource pack for informal educators and frontline practitioners to use to prevent drug taking amongst young people. Written for those working with young people, the pack includes:

- facts and information about NPS
  - case studies on working with young people who use NPS
  - resources to help start conversations about NPS with young people
- references for further help and information

[Click here to download](#)



## CHILD SEXUAL EXPLOITATION (CSE)

National awareness raising posters and leaflets about CSE for parents of secondary school pupils will be **issued across Dumfries & Galloway**.

Training on CSE is provided as part of the Children's Multi Agency training calendar which is available on D& G's Council's public website. [Open Here](#)

Multi agency guidance for staff on 'sexting' ( images or videos, generated by children under the age of 18 or of children under 18 that are of a sexual nature)



### 'It's not on the radar'

The hidden diversity of children and young people at risk of sexual exploitation in England

Carron Fox

Believe in children  
Barnardo's



### It's Not On The Radar (March 2016)

Child sexual exploitation (CSE) can affect all children, including those with disabilities, regardless of their gender identity, sexuality, ethnicity, faith or economic background.

It's not on the radar - bringing together discussions from four roundtables and existing literature - explores how perceptions of sexual exploitation can affect the identification and response to CSE. [Click here for interesting report](#)

### Combating CSE e-learning

Developed by Brook and funded by the Department of Health, the E-learning tool is designed to help **healthcare staff in preventing and identifying child sexual exploitation**.

It takes around 40 minutes to **complete** and uses video clips, anonymous case studies, gives examples of physical and behavioural signs of someone who may be affected by or at risk of CSE, It was extensively piloted with staff from a variety of different health roles, from frontline to back office. **The resource is available here.**

Combating CSE

Course introduction

Department of Health

## Combating CSE

an e-Learning resource for health professionals

Click the next button at the bottom right of the page to begin.

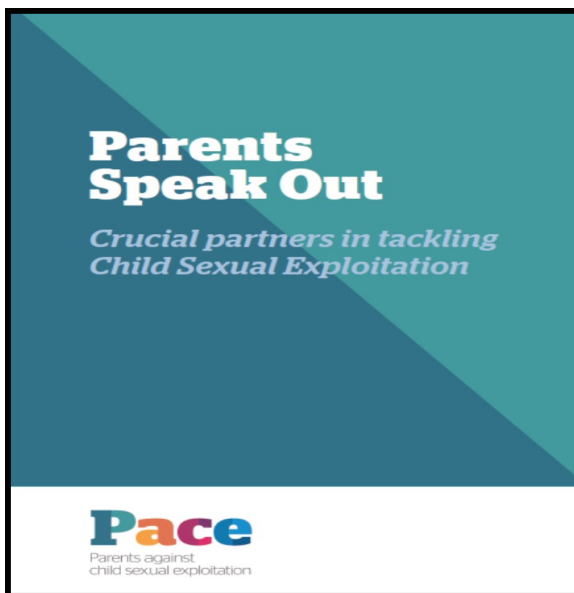
brook  
www.brook.org.uk

A collage of four images showing diverse young people. The top left shows a young man in a blue jacket. The top right shows a young man in a striped shirt. The bottom left shows a young woman in a pink sweater. The bottom right shows a young man in a white t-shirt.

MENU | EXIT

PROGRESS

BACK 01 OF 23 NEXT



Pace has worked with families who have been affected by CSE for 20 years. They produced this report in 2016 in response from a questionnaire returned by 31 parents who had experienced their own children being sexually exploited. The report [can be read here.](#)

Pace have also produced 'Keep them safe' which is a **free online learning tool** from Pace and Virtual College which has been accessed by more than 29,000 parents and professionals (as of March 2016).

The course is aimed at parents but safeguarding professionals will also find this 20-30 minute e-learning training course a valuable source of information to:

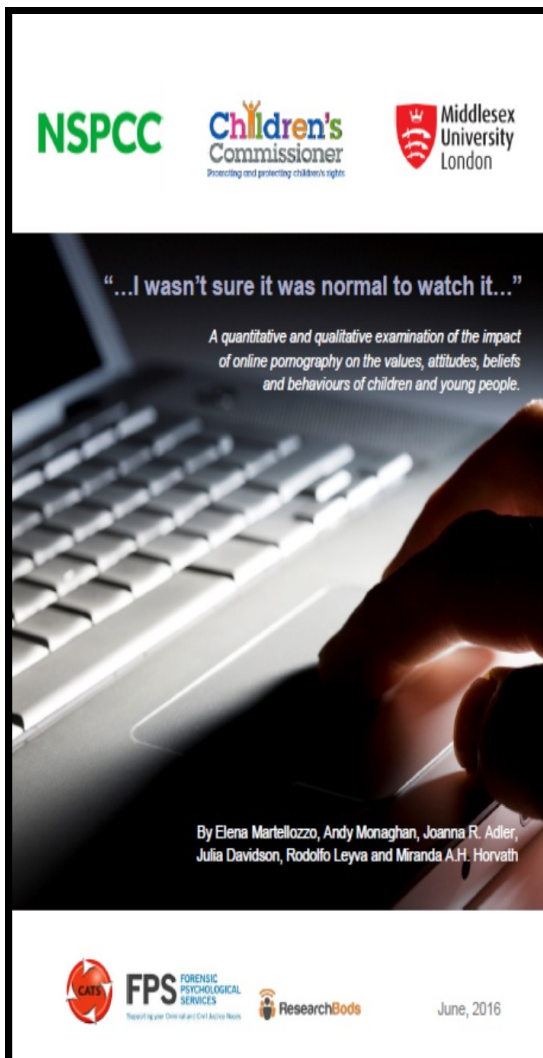
- find out more about child sexual exploitation
- learn the signs and indicators of when a child might be being exploited
- understand the impact child sexual exploitation can have on families
- know what to do if you suspect a child might be at risk of this abuse.

## Alright Charlie?



Too often it is forgotten that boys can be victims of CSE. The 'Blast Project' is the UK's leading **male only service** for those males who have been or are at risk of being sexually exploitation . Their website is full of interesting reports , resources and case studies. [Check out website here.](#)

'Blast Project' have produced this **new resource, 'Alright Charlie'** designed for use with **children aged 9-11 in primary schools** and aims to highlight the **warning signs of grooming** in an **age appropriate way**. The film is seen through the eyes if Charlie who is groomed by Danny. The resource was designed in consultation with CSE professionals. There is also a guide for professionals and a poster. This is an excellent resource and is free to watch on [You Tube here.](#)



## ‘ ... I wasn’t sure it was normal to watch it...’

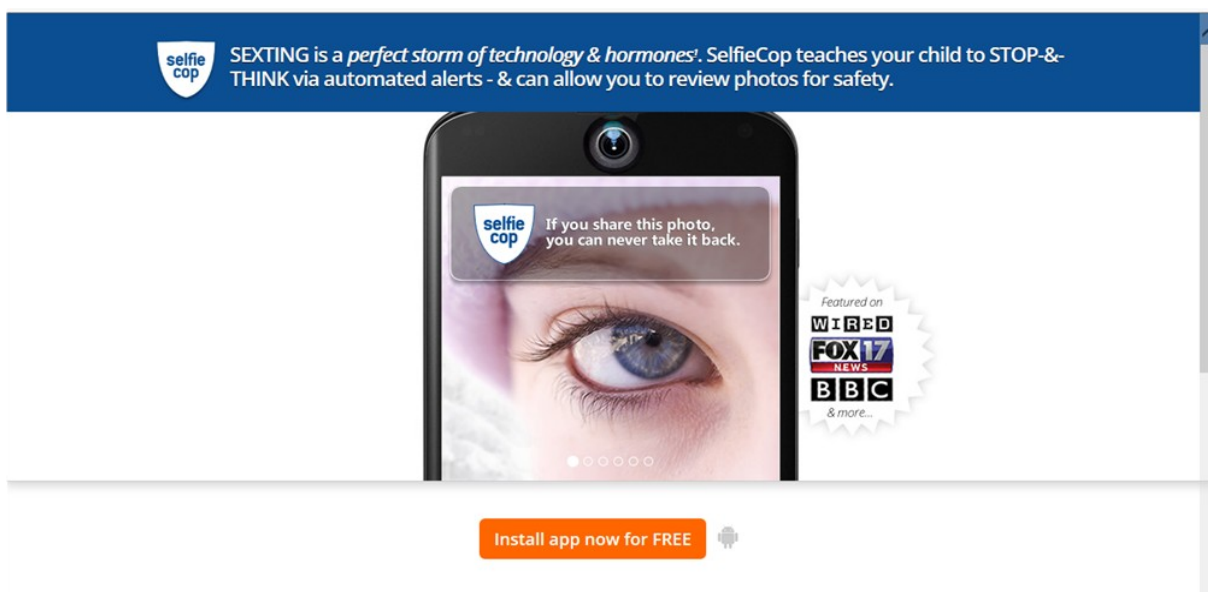
The online world has created incredible opportunities for young people to explore, experiment, socialise, create and educate themselves in ways which were previously undreamt of. **But it has also exposed children to the risk of harm, including seeing extreme pornography and sexting.**

The NSPCC and the Children’s Commissioner asked Middlesex University to look into how many children have been exposed to pornography and the impact for them of viewing such content.

The research consisted of an online survey of 1001 children and young people aged 11-16 across the UK, an online discussion forum and online focus groups. [Read findings here.](#)

## Selfie Cop

SelfieCop is a useful tool that can help parents safeguard their children's online activities.



[More information is available here.](#)



## PARTNER UPDATES



**Relationship Scotland**, one of our partners, have just been awarded a **SILVER LGBT Charter Mark**. We are very pleased with this amazing achievement, making it a first for a member service of Relationships Scotland. They will be celebrating with the presentation of their award at the end of September.



**LGBTI young people** in Tayside, Forth Valley, **Dumfries & Galloway**, and across Scotland (through digital engagement), are to benefit from **Breaking Down Barriers** – an **LGBTI inclusion project** launched by **LGBT Youth Scotland**, funded from a successful award made by the Big Lottery Fund. The funding award of £380,200 will enable LGBT Youth Scotland to work with **over 400 LGBTI young people** over the next three years, to **create positive personal identities** and improve their lives.

The work will see skilled youth workers supporting young people individually and working in groups to **develop their skills and confidence** so that they can successfully progress to **further training and employment**.

Despite important **changes in legislation** to protect and advance the rights of LGBT people, it is still the case in Scotland that 70% of LGB young people and 77% of transgender young people experience bullying in school and 10% of LGBT young people leave education as a result.

For more information read **Life in Scotland for LGBT Young People: Education Report**, (LGBT Youth Scotland).

### New project dedicated to tackling sexual exploitation in D&G.



**THE LOTUS PROJECT**

The Lotus Project aims:

- To **raise awareness and understanding** of sexual exploitation
- To **offer advice and guidance** to children, young people, parents and carers, and professionals
- To **support anyone** who is at risk of sexual exploitation, who is in an exploitative relationship or who has experienced sexual exploitation

To **establish effective partnerships** with other local and national agencies in order to protect children, young people and vulnerable adults across D&G [Check out the website here](#)





## Dumfries & Galloway LGBT Plus

**Local charity Dumfries & Galloway LGBT Plus has appointed Johnathon Gallagher as their first ever Service Manager.** Johnathon, having run HIV support services for Terrence Higgins Trust Scotland in the region may be familiar to lots of you. **D&G LGBT Plus is now able to offer support to LGBT Plus people and their carer's affected by long term medical conditions (LTC's)** including depression, bipolar and other mental health problems, ME, diabetes (types 1 and 2), epilepsy, hyper-tension, hyper-thyroidism, renal failure, early onset dementia, MS, HIV, Crohns disease to name but a few. **Evidence gathered from both LGBT plus people and agencies highlights that despite requiring more help (due to their lifelong experiences of a range of inequalities which impacts negatively on their ability to maintain good health and wellbeing),** LGBT plus people's needs are often missed out in the planning and delivery of local services, or they may experience poor or discriminatory treatment from local statutory, private and third sector agencies". D&G LGBT Plus have recruited an advocacy and support worker to assist in the running of this LTC service who will offer both one to one and group support to help enable people to access information and mainstream services.

**D&G LGBT Plus will be recruiting and training LGBT Plus adults, older people and their allies as Community Champions to represent themselves and others within the LGBT Plus community to agencies, decision makers, and the wider public through meetings, strategic forums, training sessions, to the press and at a variety of community events.** They will also continue with the recruitment and support of LGBT Plus volunteers into running peer lead events throughout the region helping to reduce the social isolation felt by LGBT people and supporting increased integration into the wider community. **They will also continue to run and support the befriending service which reaches out to isolated people in all locations across the region.** In addition to the services provided they will also carry out research into the long term accommodation/ supported living issues affecting LGBT people now and looking into future requirements through engagement with local agencies. We also have in house Volunteer Trans support services and Cognitive Based Therapy counselling service.

**If you wish to be an LGBT champion or Volunteer in a range of capacities please visit <http://lgbtplus.org.uk/volunteer-with-us/> or visit us on facebook at Dumfries and Galloway LGBT Plus or email [volunteer@lgbtplus.org.uk](mailto:volunteer@lgbtplus.org.uk).**

**For further information regarding the charity please email**

**[Johnathon@lgbtplus.org.uk](mailto:Johnathon@lgbtplus.org.uk)**

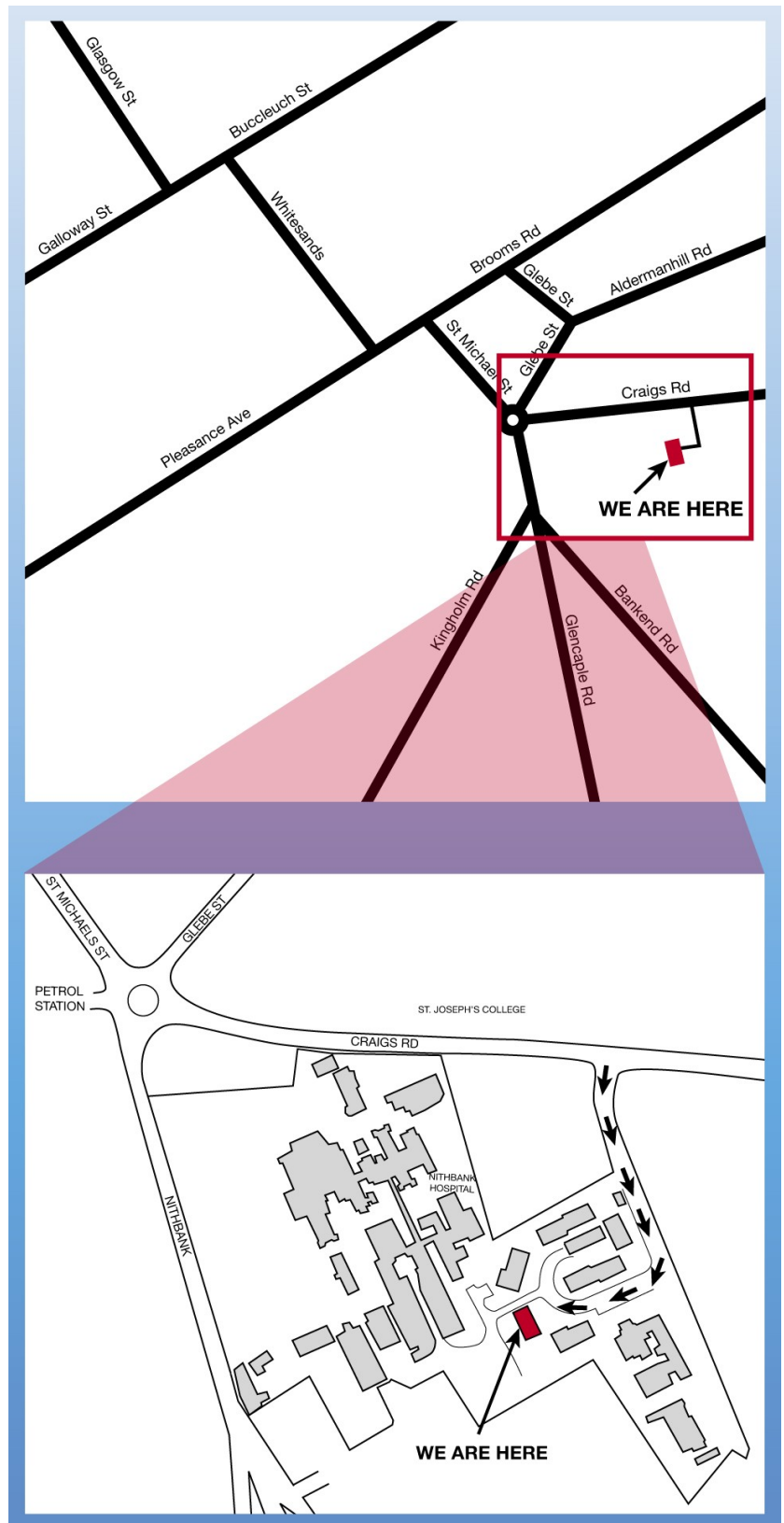
### What do we offer?

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 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)**