



C4U NEWSLETTER

ISSUE 10

April 2010

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- IN THIS ISSUE
- Latest
- Sexual Health Week
- PTK Voucher
- New Resources
- LGBT
- New C4U Outlets
- Local Research
- C4U Training

Daily- drop-in
Mon - Fri 9.00 - 10.30am

Contraception, STI Testing &
Treatment

Mon 4.30 - 6.30pm
STI Testing & treatment only
Enquiries & Appointments
0845 702 3687
9.00am-4.00pm
Monday to Friday

WELCOME

Welcome to issue 10. Slightly later than planned due to the air disruption caused by the Icelandic Volcano.

Latest

C4U Service Users & Condom Distribution April 2009 - March 2010

	Total	New	Re-issue	Return	No of condoms Issued
Males	345	125	22	198	3012
Females	152	81	5	66	1220
Unknown	11	7	2	1	88
Total	508	213	29	265	4320

These figures are slightly down on previous years. However, this could be due to the fact that there are several agencies who have not sent in their monthly return forms for 2009 -2010. The Department appreciates all the agencies who deliver C4U, however, could I ask that monthly forms are returned so we can reflect the true picture of C4U users.



'LETS TALK ABOUT SEX

101 ways to show someone you love them without having sex'

DUMFRIES & GALLOWAY'S SEXUAL HEALTH WEEK

25th - 31st January 2010

This was Dumfries & Galloway's 3rd annual sexual health week building on the theme 'Let's Talk About sex.' 1 partner summed this up nicely:

'it's always a good idea to pick consistent messages and re-enforce over the years so populations learn the key messages'

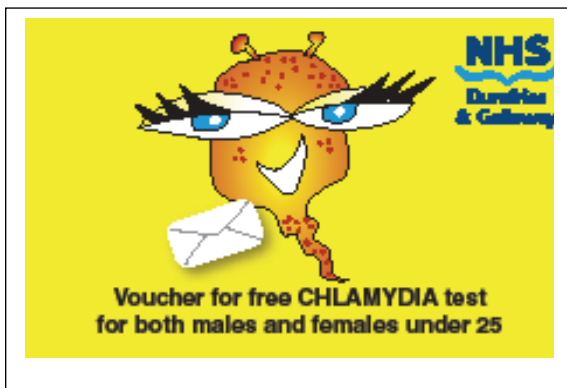
Packs containing a briefing paper, explaining the rationale behind the week, posters and a list of resources available from the department were distributed to 128 partner agencies. This was to afford our partners to use the packs in a suitable way for their clients. Some of the ways packs have been utilised:

- ❖ Detached youth work in Newton Stewart
- ❖ Part of a sexual health project carried out with young people at YES
- ❖ Events at Dumfries and Stranraer College which has led to further sexual health sessions at both Colleges
- ❖ Discussion sessions at youth centre's
- ❖ Built into training
- ❖ 101 ways poster was circulated nationally by Jo Adams- 'Delay' sexual health trainer from Sheffield Centre for HIV & Sexual Health

The new condom wallets were distributed to all partner agencies and young people encouraged to complete the online questionnaire on c4urself website. There have been over 700 responses so far. 1 comment received re wallet -

'wallet is excellent, very comprehensive and well laid out'

During the week 2 commercials were broadcast on Westsound relating to '101 ways to show someone you love them' and sign posting to c4urself website. All the resources used during the week are available to download from the website www.c4urself.org.uk



PTK Voucher

The Department has produced a voucher for people to obtain a free postal testing kit from all pharmacies across the region. This allows people to hand the voucher over in the chemists to obtain a PTK. The vouchers are available to pick up in the chemists, or they can be downloaded from www.c4urself.org.uk or if anybody would like a supply contact the department.

New Sexual Health Leaflets

We have obtained new compact information booklets on STI's, Pregnancy Myths, Oral Sex and Lubrication. If you wish to have some please contact Department.

Laminating for C Cards

Self laminating pouches are also available for C4U outlets. Hopefully this will help the problem of people's C Card becoming 'dog eared'.

Emergency Contraception

The blue emergency contraception cards have been replaced by new cards containing information on emergency contraception and Chlamydia testing. These will be sent to you in due course and can you please ensure that a card is placed in each bag of condoms that are handed out.

Condom Wallets

There are still plenty of condom wallets available to hand out to clients.

The monkey survey on www.c4urself.org.uk

will run until end of Sept 10 with 1 more i-pod to be won.

New Premises for LGBT Services

LGBT Youth Scotland's Dumfries and Galloway Service (and Dumfries and Galloway LGBT Centre) has moved to new premises at 88b High Street in Dumfries. During May up to date flyers and information about the Centre and services, will be distributed.

New Telephone No. 01387 255058
More details can be found by logging onto

www.lgbtcentre.co.uk

New C4U Outlets

Oasis is set become a C4U outlet and pick up point. This is very much welcomed as people will now have somewhere in Dumfries town centre to access free condoms.

Summerhill Community Centre, Dumfries will also be offering C4U services. This is a very active community centre with a large amount of young people accessing the centre.



'Sexual Health and Risky Business'

Research conducted between October 09 - January 10 at the Youth Enquiry Service, Dumfries aimed to discover the current issues and concerns relating to local young people and their sexual health. Qualitative and quantitative data was obtained from an online survey, informal discussions and focus groups. Some of the findings from survey included:

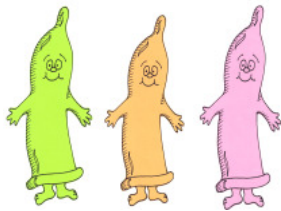
- 26% young people agreed or strongly agreed that *having sex without a condom once in a while is not a big deal*, and an alarming number of young people disclosed that they were adverse to using condoms for various reasons such as *'Stopping to put on a condom would break the flow'*, and *'If you love and trust your partner you don't need to use one'*.
- 65% answered *yes* when asked if they had ever had sex without a condom
- embarrassment talking about sex was identified as a barrier to accessing contraceptives. 37% agreed or strongly agreed that *It's hard to bring up the topic of condoms with a partner* and 28% agreed or strongly agreed that *Getting condoms is embarrassing*.
- One quarter of the young people who completed the survey had been drinking the first time they had sex and many expressed regret in relation to the experience.
- 50% disclosed that alcohol or drugs had at some stage influenced their decision to do something sexual.
- 43% had at some stage done more sexually than they had planned because of drinking or using drugs.
- 79% either agreed or strongly agreed with the statement that *People my age often don't use condoms when they are drinking or using drugs*, yet only 23% agreed or strongly agreed that *It's not a big deal if people my age make decisions about sex when they are drinking or using drugs*.
- 67% agreed or strongly agreed that *If you've been seeing someone for a while it's expected that you'll have sex*
- 48% agreed or strongly agreed that *Once you've had sex it's harder to say no the next time*
- 48% agreed or strongly agreed that *Being seen as sexually active helps you fit in with peers*

Although often aware of the risks associated with unsafe sexual practices, it appears that local young people don't often consider themselves personally at risk.

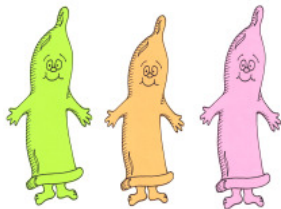
Alcohol is commonly seen as a factor in not using a condom with a new partner, regretting sexual activity and having sex with someone who a person would not normally find attractive.

Young people in the area often face a double challenge as they evidently experience pressure to drink alcohol as well as pressure to be sexually active.

Training



Training



C4U TRAINING

30th June 2010

Woodland House Hotel
Newbridge
Dumfries
9.15am - 4.00pm

This training will provide staff with an introduction to the 'c' card initiative and associated issues.

This training is aimed at those who would be issuing 'c' cards and condoms.

Training will cover:

- Values & Principles
- Why young people have sex & the pressures they face
 - Contraception and STI'S
 - Sex & The Law
 - Confidentiality
 - 'C' Card Scheme

For more information

Or

to book please contact

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Closing Date 11th June 2010

Limited number of places available