



ISSUE 7

C4U NEWSLETTER

April 2009

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WELCOME

Welcome to issue 7. Hope you all had a good Easter-the weather was certainly lovely.

Latest



DEPARTMENT OF SEXUAL HEALTH - UPDATE ON SERVICES

Work on the Laurel Bank extension, at Nithbank, is on schedule and due to be completed by June 2009 with an official opening in September 2009. From the 29th June 2009 the Department will offer a mixture of drop in clinics, appointments and specialised sexual health services all from a 1 stop setting. There will be a daily drop-in Mon - Fri 9.00 - 10.30am. A flyer is being prepared to advertise the new clinic times. This is a major investment from NHS Dumfries & Galloway Trust and reflects the significant role that positive Sexual Health has to play in our overall health

New Member of Staff

Jane Sparrow joined the Department in February and provides admin support to myself, Maggie and Fiona. Some of you will have met Jane through the Department or through her work at Apex and Turning Point.



ALCOHOL & SEXUAL HEALTH

We are continually hearing concerns about the amount of alcohol that young people are consuming. The results from a recent survey 'Sex Factor Report' (2009) by the young people's charity 'Youth Net' highlights the link between excess alcohol intake and risky sexual behaviour among young people. 2042 respondents aged 16 to 24 from across the UK completed the survey which explored young people's attitudes to sexual health. 92% of those taking part in the survey stated they were sexually active.

Reported sexual activity engaged in whilst drunk:

43% had kissed or slept with someone not normally fancied
32% had regretted a 1 night stand
32% reported they had unprotected sex

31% had sex in a public place
22% had gone home with a stranger
17% had woken somewhere they hadn't remembered
15% had invited a stranger home.

Ref Youth Net(2009) *Sex Factor Young People and Sexual Health*,
www.youthnet.org accessed 4/3/09



Postal Testing Kits for Chlamydia

As part of the new Pharmacy Contract all Pharmacies across Dumfries & Galloway are now offering free postal testing kits for Chlamydia and also free emergency contraception for those 13 and above.

If anyone has the old style PTK please discard and contact the Department for a supply of new style kits. We will also be contacting you shortly for an update as to how many PTK's you have distributed. so the annual report can be compiled.

HPV Vaccine - Update

Provisional stats issued by ISD Scotland.com show that there has been a good uptake of the vaccine by 2nd, 5th and 6th year girls. There has been 92.2% uptake at 1st dose and 87.8% at second dose. The next part of the HPV campaign is to target all girls in Scotland who have left school and will be under 19 on 1st September 2009. Girls will be contacted by their Health Board and further information can be found at www.fightcervicalcancer.org.uk or the NHS Helpline 0800224488.



USB MEMORY STICK INITIATIVE

An innovative project has been launched by Dumfries & Galloway Police and their partners, which is targeted at young people. All school leavers will receive a USB memory stick containing useful information they can access when making the transition from the comfort of a school setting to the 'big wide world'. Sexual health, drugs, alcohol and personal safety advice and information feature as part of the wealth of information provided on the stick. The information, given from the participating agencies, has been designed to be as youth friendly as possible with video links, graphic images and sign posting to young people's services both within and out with the region.

Although there is a wealth of advice and information on the 2GB stick there is plenty of spare capacity for young people to store their personal files. Feedback will be sought from young people as to how helpful the stick is and how it can be improved for future years. Young people are to be encouraged to fill in an online survey with the chance of those participating being placed in a free draw for £150 of vouchers. Several other Regions in Scotland have already expressed an interest in this project. Remind any young person you know who is leaving school to pick up their free memory stick from school and encourage them to fill in the online survey please.

Sexual Health Conference -Breaking Down Barriers

115 people from a diversity of agencies attended the above at Browne House. Too often sexual health is viewed in a negative manner of high STI rates and unwanted pregnancy, therefore, the main aim of the Conference was to offer an opportunity to develop a greater understanding of the multi faceted nature of

sexual health and how it impacts on our life.

Over 80% rated the conference as being good or very good with comments describing their experience of the event overall as - excellent, informative, well organised, useful, very interesting.



Sexual Health Conference - Cont'd

A number of respondents stated how they looked forward to next year's conference and that they would be recommending attendance to others.

Several commented that the event was especially valuable given the limited number of sexual health study days available locally.

The main benefits of attending the conference were cited as networking with other professionals, acquiring new tools for use in the workplace and access to information to take away, which would be beneficial, when considering how to sign post young people to services.

When asked if their perceptions or views of sexual health had

been affected by the content, those that said it had, elaborated to explain that the activities had been thought provoking regarding how to approach sexual health issues in the future and also in highlighting reasons behind behavior. Acquiring an understanding of how young people become involved in commercial sex was also mentioned. Other comments confirmed that some felt their understanding of sexual health and all it encompasses had been expanded and that hearing differing opinions had broadened their awareness. From the feedback received it can be concluded that the conference met its aims.



C4U TRAINING



9th June 2009

Woodland House Hotel

Newbridge

Dumfries

9.15am - 4.00pm

For more information or to book
please contact

Jane Sparrow

01387 244644

Jane.sparrow@nhs.net

Closing Date 22nd May 2009

Limited number of places

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



Nithsdale

The 'Attic' has re-opened at Northwest Centre. The C2U drop-ins and C4U continues to be well supported by young people. Sanquhar Academy recently had a health information event attended by several partner agencies- the sexual health stand was completely cleared of all resources - lets hope the information is well read.

Wigtownshire

Stranraer College hosted a lunchtime sexual health information session, during sexual health week, which was well attended by students and created a lot of interest. 29 students signed up to C4U. The youth drop in at Agnew café in Stranraer has recently seen an increase in the uptake of C4U.

Annandale & Eskdale

Annan C2U moved from the Townhall to Greencroft Medical Centre at the beginning of January and although numbers

have been low they have been steady. Simon MacRae, youth worker, is running the C4U during the C2U clinic. It is to be noted that the young people do not have to go through medical centre there is a separate entrance from Bank Street.

Paula Hinds has joined the Community Learning and Development team and once C4U trained will promote the service in this part of the region. A successful Bluelight was held in Langholm in February.

A questionnaire was given to 5th year pupils at Lockerbie Academy asking them where they would like Lockerbie C2U held with the option of school, health centre or Youth centre. The result was an even split for health centre and youth centre. It was decided to keep the C2U in Lockerbie at the youth centre and young people are now attending. It is the usual -word of mouth is the best promotion.

Stewartry

Unfortunately the C2U in both Castle Douglas and Kirkcudbright have closed due to lack of numbers.