



# Sexual Health D&G

**Issue 11**  
**August 2010**

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## Welcome to the new look newsletter for sexual health and wellbeing across Dumfries and Galloway.

This new look newsletter has evolved from the C4U newsletter which was launched in April 2007 and now aspires to keep you up to date with some of what is

happening locally, nationally and globally in the field of sexual health and wellbeing.

We hope you enjoy reading it and find it useful. If you have any comments or news for the next issue please contact Adele Hannah on 01387 244436 or email [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net).

## Well done to Sexual Health D&G!



Sexual Health D&G staff receiving their Celebrating Excellence award from Andersons (Sponsor) are R-L: Anne Kingstree, Maggie Gurney and Fiona Gleghorn.

The inaugural NHS Celebrating Excellence event was held at Easterbrook Hall on Friday 21st of May. The evening was about formally acknowledging and recognising the outstanding care delivered by NHS staff to patients, carers, relatives and friends. A total of 290 nominations for individuals and staff teams were received. Sexual Health D&G won the category 'working together: partnership award' which recognised the commitment to working with others for the benefit of patients and/or staff. Sexual Health D&G would like to thank all their partners too numerous to mention for the support given to them and they look forward to working with you in the years to come.

**Wake up  
to HIV**

**A simple  
guide to  
condoms  
and lube**

**HIV  
WAKE UP**

[www.hiv-wakeup.org.uk](http://www.hiv-wakeup.org.uk)

## HIV Wake Up Campaign

A new website has been launched by NHS Health Scotland to give information on [HIV](http://www.hiv-wakeup.org.uk) in Scotland. The website also offers a postcode finder for your nearest testing and treatment centres and gives advice on [Safer sex](http://www.hiv-wakeup.org.uk), regular testing and the potential benefits of early diagnosis. Visit the site at: [http://www.hiv-wakeup.org.uk/](http://www.hiv-wakeup.org.uk). Leaflets can also be requested from Sexual Health D&G.

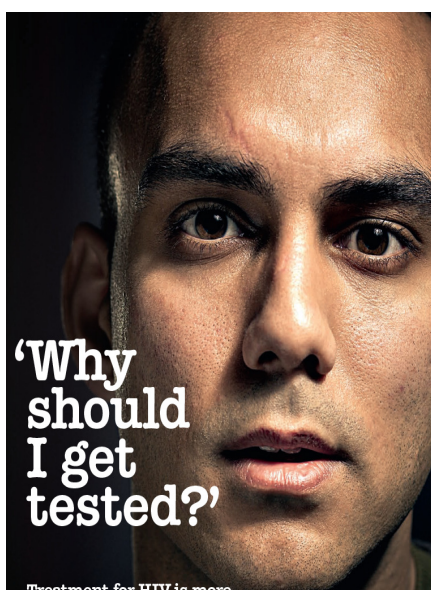


**'Why  
should  
I get  
tested?'**

67%\* of cases of HIV in Scotland occur among men who have sex with men.  
So get tested regularly.

[www.hiv-wakeup.org.uk](http://www.hiv-wakeup.org.uk)  
to find out where you can get tested

**HIV  
WAKE UP**  
use a condom and lube

\*Health Protection Scotland - 100% HIV risk in 2012. Source: NHS Scotland 2012

**'Why  
should  
I get  
tested?'**

Treatment for HIV is more successful the earlier the treatment starts.  
So get tested regularly.

[www.hiv-wakeup.org.uk](http://www.hiv-wakeup.org.uk)  
to find out where you can get tested

**HIV  
WAKE UP**  
use a condom and lube



**'Why  
should  
I get  
tested?'**

The earlier HIV is diagnosed, the longer your life expectancy.  
So get tested regularly.

[www.hiv-wakeup.org.uk](http://www.hiv-wakeup.org.uk)  
to find out where you can get tested

**HIV  
WAKE UP**  
use a condom and lube

## New Service for Dumfries and Galloway: Frenz Pregnancy Crisis Centre

**Pregnant?**

**Had an Abortion?**

**Need to Talk?**

- \*Free & Confidential
- \*Free Pregnancy Testing
- \*Talk through the options
- \*Post abortion support
- \*Miscarriage support
- \*Call 01387 252288 Mon -Fri 6pm to 7pm

**Drop-in session  
Every Saturday  
10.00am—noon  
24 Church Street  
Dumfries DG2 7AS  
Tel: 01387 252288**

## The Middle-age Spread (STIs in the over 50s)

fpa's Sexual Health Week 13th to 19th September 2010

No surprises that people in their 50s, 60s, 70s and 80s are having sex with new partners (the oldest caller to the fpa helpline was an 82 year old man starting a new relationship) but this also means that STIs in people over 50 are rising fast – and have been for several years.

Some people are coming out of relationships and dating again. Some have always been single. And many over 50s are enjoying fantastic sex and finding new love at this point in their lives.

The problem is that lots of

people over 50, single or dating, don't think safer sex applies to them. If you've been in a long-term relationship it may not have been something they've had to factor in for years. And after the menopause, when pregnancy isn't a concern, using condoms can be easily forgotten about.

Result? STIs are making a comeback in a new generation. STIs don't care about graying hair or a few wrinkles. If you're having unprotected sex, an STI will find you just as attractive



whatever your age. Unbelievably, there's never been a sexual health campaign for people over 50 before. fpa thinks it's time you had a campaign of your own so you can become more aware about STIs and their health risks. Visit [www.fpa.org.uk](http://www.fpa.org.uk) for more information and campaign materials.

### Let us take the strain out of your LARC (Long Acting Reversible Contraception)

Sexual Health D&G have introduced pre-LARC telephone consultations to make life easier for those women wishing implants and coils



Contact **Sexual Health D&G**  
for more information  
**0845 5702 3687**

**You no longer**  
**need to look in lots**  
**of different PLACES**  
**for HEALTH information**

**NHSinform**

Health Information you can trust

Visit **[www.nhsinform.co.uk](http://www.nhsinform.co.uk)**  
Or call **0800 22 44 88**  
(8am to 10pm)





## PTK Voucher

Sexual Health D&G and Pharmacy have produced a voucher for people to obtain a free postal testing kit (PTK) for Chlamydia from all chemist 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](http://www.c4urself.org.uk) or alternatively contact Sexual Health D&G (see back page for details)

## Learning Together

Created by NHS Health Scotland to review the resources available to support parents and carers talk with their children about sexual health and relationships. This resource is designed to help professionals who work with parents either individually or in groups, to work through the maze of resources that confront them when they want to do the 'right thing' in preparing their children for growing up.

The books, DVDs and websites included have been reviewed by professionals and parents to help



readers identify which resources might best fit their needs. For a copy of this CD Rom please contact Laura Fairbairn on 01387 272751 or email [laura.fairbairn@nhs.net](mailto:laura.fairbairn@nhs.net).



## DUMFRIES YOUTH CLINIC

At the new  
**YOUTH ENQUIRY SERVICE (YES)**  
Buccleuch Street, Dumfries

From  
27<sup>th</sup> August 2010  
Mondays 3.00-4.30PM  
Wednesdays - NO CLINIC  
Friday 3.00-4.30PM

Daily Drop-Ins also available  
Mon-Fri 9.00-10.30am  
At Sexual Health D&G, Nithbank  
[WWW.C4URSELF.ORG.UK](http://WWW.C4URSELF.ORG.UK)

## Happy Birthday Sexual Health D&G

Sexual Health Services have now been running from their new premises at Nithbank for 1 year. All services are well attended and the daily drop-ins are proving popular. It would seem that word of mouth is promoting this service. Anecdotal feedback is that the staff are approachable and friendly. The C2U has been running from Nithbank since February and is attracting older teenagers but it was found that the younger, more vulnerable people were not accessing the service so the decision was made to move the C2U to the new YES premises at Buccleuch Street in Dumfries.

## WISH Conference



### General versus targeted interventions: 'What is the learning for sexual health and wellbeing?'

This annual conference is being held at the Hilton Grosvenor Hotel, Edinburgh on 14<sup>th</sup> September 2010. Nominations for abstracts on projects and initiatives that are attempting to address the many influences on people's sexual behaviour were called for to be presented at the conference. Sexual Health

D&G have been successful in having two abstracts accepted, one will be an oral presentation on the excellent work that is being carried out with looked after and accommodated children and the other will be a poster presentation on the joint work between Sexual Health D&G, Alcohol and Drugs Partnership (ADP) and Domestic Abuse and Violence Against Women Partnership (DAVAWP). These two projects have also

been nominated for WISH Awards.

The WISH network is available to anyone in Scotland who has an interest in Sexual Health. A monthly email is produced which highlights good practice, research and CPD opportunities across Scotland. More information can be found at [www.healthscotland.com/wish](http://www.healthscotland.com/wish)



### The Wickerman Festival

Sexual Health D&G teamed up with the fire brigade, Police, Integrated Substance Services (ISS) and the Alcohol and Drugs Partnership (ADP) to provide health information to revelers on a variety of health topics at the Wickerman Festival. Revelers were invited to try their skills getting around an obstacle course while wearing beer goggles and to view the health resources on display. Over 2 days a total of 354 people engaged with the services. Two new initiatives were trialed for the first time at the festival on Saturday and Sunday morning. Revelers were

## Out and about with Sexual Health D&G

offered a breath test to check the level of blood alcohol before driving. This was well received by 138 people. In addition Bluetooth was used to send messages about safe sex and sensible drinking to festival goers.

### Youth Buzz

CLDs Youth Buzz was out on the road during July. The Roadshow visited villages and towns in Nithsdale and engaged with a total of 2283 young people. Sexual Health and Integrated Substance Service went to Kelloholm, Moniaive, Warnlochhead and Collin with the Buzz.



### Youth Beatz

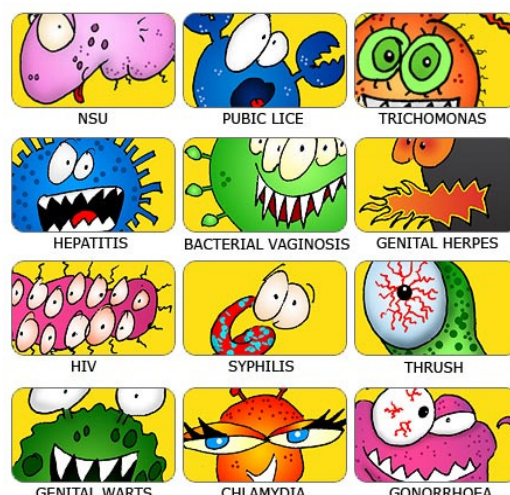
A sexual health information stall at Youth Beatz proved popular with lots of people including those who had visited the same event last year. People of all ages took away information, including parents who visited the stall looking for information for their children. Sexual health information is always appreciated and well received at such events.

## Let's Talk About Sex - No Girls Allowed!

The focus of the next Dumfries and Galloway Sexual Health Awareness Week will be men's sexual health. Running from 24th to 30th January 2011, the aim of the week will be to raise awareness of sexual health issues in men of all ages, including:

- Under 25s STI testing
- The middle-age spread (STIs in the over 50s)
- Older men's sexual health
- Sexual dysfunction
- Dating
- Dads and lads / parenting

More information in the next issue.



## “Mummy, what’s a condom?”

Evidence shows that good sex and relationships education can delay the age at which young people begin to experiment sexually, reduce the rate of teenage pregnancies and abortion and reduce the rates of sexually transmitted infections.

We know that children want to learn about body changes,

growing up and relationships from their parents and that's where **Speakeasy** can help. This training course is suitable for parents and carers of children of all ages and is fun and relaxed. It also offers accreditation opportunities.

The next **Speakeasy** course will begin at DG One in

Dumfries on **Wednesday 8th September** at 12.30pm and will run for **8 weeks** (not school hols). To book your place, for more information or to find out if there's a course in your area phone Laura Fairbairn on 01387 272751 or email [laura.fairbiarn@nhs.net](mailto:laura.fairbiarn@nhs.net)

## And the survey says...



### Help us to get feedback on C2U and C4U services.

From August through to October Sexual Health D&G, in partnership with the Youth Issues Unit, are seeking the views of C2U services users. A confidential, anonymous survey will be issued in C2U clinics, online and through a variety of youth settings over the next couple of months to young people who currently access C2U services and also to young people who do not.

Additionally, feedback from C4U service users and service providers will be sought via a short questionnaire. Look out for these surveys winging their way to you soon!

## Training opportunities

### Free Multi Agency Sexual Health Awareness Training

M.A.S.H.

Thursday 30<sup>th</sup> September 2010

Woodland House Hotel

Newbridge, Dumfries

9:15am - 4.00pm

Confidentiality & Legal Issues

Contraception & Condoms

Risk Taking behaviour & Self Esteem

Sexually transmitted infections

LGBT Issues

**This is an awareness day and anyone who has attended a C4U training day will have covered the above topics.**

**To Book:** email: [anne.kingstree@nhs.net](mailto:anne.kingstree@nhs.net)  
by Friday 10<sup>th</sup> September 2010

### Multi Disciplinary Training: Alcohol, Gender Based Violence & Sexual Health

This newly developed training course is being led by the Alcohol & Drug Partnership (ADP) with input from Sexual Health D&G and Domestic Abuse and Violence Against Women team. The training is centred around a 'manga' comic strip to highlight and raise awareness of the links between alcohol, drugs, relationships and sexual health. An activity based element has been built across the training. A pilot was carried out in June this year with 20 people from a variety of agencies in attendance. Feedback was very positive and there will be another training day before the end of the year. For further information please contact: Lorrain Hyland on 01387 272713 or email [lhyland@nhs.net](mailto:lhyland@nhs.net).

## R U Ready? ... Coming soon

This training course is designed to support young people to delay early sex until they feel ready to make positive and informed choices.

The two day training course which is suitable for those working in sexual health services, youth workers, PSHE teachers, school nurses, LAC teams, social workers, primary care staff and family support workers, is interactive and uses a variety of training methods.

The 'R U Ready?' course

looks at the causes and effects of early sex, helps participants understand the role played by media and peer pressure in early sex, explores a range of practical ways of working with young people to help them make positive decisions for themselves and help participants gain skills to pass on to young people in how to say 'no' and resist pressure. The course also helps participants to work with young people on alternatives to having sex and to consider the role

played by friendships in supporting delay.

In October, three people from Dumfries and Galloway will be trained as facilitators to deliver the *R U Ready?* training course to anyone working with young people across the region.

For more information on the facilitators training or to put your name down for a future *R U Ready?* course, please contact Laura Fairbairn on 01387 272751 or email [laura.fairbairn@nhs.net](mailto:laura.fairbairn@nhs.net).





Durex recently ran the British Sex survey which was completed by 11,000 people from across the UK. The results have been released over 5 weeks due to the amount of data that has been collated. It makes interesting reading! Log onto [www.DurexHCP.co.uk](http://www.DurexHCP.co.uk) for full results.

**PEP**  
POST EXPOSURE PROPHYLAXIS

**Post Exposure Prophylaxis:**

- Could stop someone getting HIV
- Must be started as soon as possible, within 24 hours is best and no later than 72 hours (3days)
- Involves taking anti-HIV drugs for 4 weeks
- Has side effects
- Is not guaranteed to work

Visit [www.pep.chapsonline.org.uk](http://www.pep.chapsonline.org.uk) for more information or phone Sexual Health D&G on 08457 023687

### West of Scotland Sexual Health Managed Clinical Network

The West of Scotland Sexual Health Managed Clinical Network (WSSHMCN) was formed on 31st March 2009. Sexual Health Services in five NHS Boards (Dumfries and Galloway, Forth Valley, Greater Glasgow and Clyde, Lanarkshire and Ayrshire and Arran) have agreed to co-operate in planning and delivery of sexual health services, with the aim of achieving continuous service improvement. The new website has recently been launched and is available at [www.wossexualhealthmcn.org](http://www.wossexualhealthmcn.org)



The **Youth Enquiry Service** (YES) launched their new premises in June and are now located at Municipal Chambers at Buccleuch Street, in the old District Court building opposite the India Palm Restaurant.



The new opening times are:

**Tuesday, Wednesday & Friday** from  
**12.30pm to 1.30pm and 2.30pm to 6pm.**

**Youth Enquiry Service  
(YES)**

**Municipal Chambers  
Buccleuch Street  
Dumfries DG1 2AD**

**Tel: 01387 251322**

**[www.youthenquiryservice.org](http://www.youthenquiryservice.org)**



## New Centre for LGBT

The Dumfries and Galloway Lesbian Gay Bisexual and Transgender (LGBT) Centre has moved to a new location near the fountain on the High Street in Dumfries town centre.



**88b High Street, Dumfries, DG1 2BJ**

**Tel: 01387 255058,**

**Text: 07781 481 788**

**Web: [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)**

### Opening times:

- ~ Intergenerational Drop-in on **Mondays** from **3.30pm to 5.30pm**
- ~ Phoenix Youth Group on **Tuesdays** from **6pm to 9pm**
- ~ Volunteers/Community and Youth Activists on **Wednesdays** from **6pm to 9pm**
- ~ West Wing—Intergenerational Drop-In in **Stranraer** on **Thursdays** from **4pm to 7pm**
- ~ Free Spirits Adult Group on **Fridays** from **6pm to 9pm**

## Sexual Health D&G: Clinics and Drop-Ins

### Nithbank, Dumfries

**Drop-in** for contraception, STI testing & treatment: Mon to Fri, 9-10.30am

For STI testing & treatment only: Mondays 4.30-6pm

**Appointments** available at other times for a range of services including Intrauterine methods; contraception implants; psychosexual counselling

### Greencroft Medical Centre (Bank Street entrance), Annan

**Appointments** for contraception, STI testing & treatment: 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 6-8pm

**Drop-in** for Chlamydia P-Test without consultation: 1st & 3rd Tuesdays 6-8pm

### Health Centre, Creebridge, Newton Stewart

**Appointments** for Contraception, STI testing & treatment: One Wednesday per month 5.30pm

**Drop-in** for Chlamydia P-Test without consultation: One Wednesday per month 6-8pm

### Outpatients, Galloway Community Hospital, Stranraer

**Drop-in** for STI testing & treatment: Wednesdays 12.30-1.30pm

**Appointments** for Contraception, STI testing & treatment: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday 10am

**For an appointment please telephone 08457 02 36 87**



**Nithbank  
Dumfries  
DG1 2SD**  
**Tel: 08457 023687**  
**Email: dgsexualhealth@nhs.net**

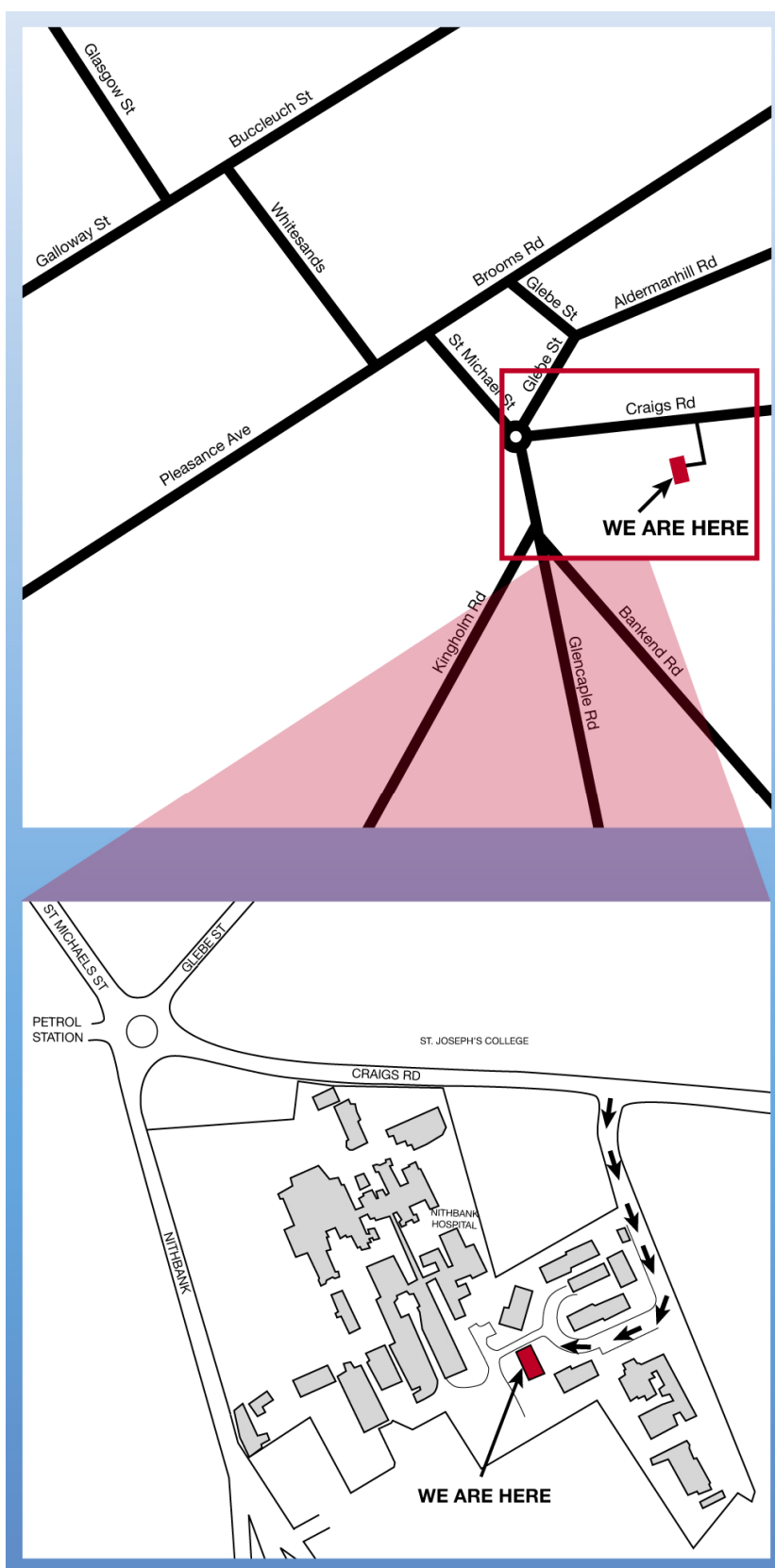
[www.c4urself.org.uk](http://www.c4urself.org.uk)

### 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 2 hours before testing

### How to find us:



**Send us your news for the next issue,  
due December 2010**