



## ISSUE 3

# C4U NEWSLETTER

December 2007

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## Welcome

Welcome to issue 3 of c4u newsletter. Everyone will be busy getting organised for Christmas and New Year. It is hard to believe we will soon be saying farewell to another year. Best wishes to you all for the festive season.

## Latest

A recent survey by TV Company MTV Networks UK to mark World Aids Day revealed some worrying evidence from those who took part in the survey.

75% women aged 16-30yrs olds did not insist on their partner using a condom  
64% of men do not always use a condom  
1 in 4 women and men thought that the Pill and other contraceptives' would protect them from STIs  
33% in the 22-25 year olds have had unsafe sex more than 20 times.  
66% never ask a new partner about their sexual history and 50% of those said 'it never crossed their minds'

Although 1 in 5 admitted that they were taking a risk with their sexual health they were often too embarrassed or unconcerned to protect themselves from STIs by using a condom.

Schools and TV were cited as the most common places to obtain information. This suggests that prevention and information can play a major part in helping to reducing the high incidence of STIs. All of us working in sexual health must continue to emphasise to young people the importance to themselves and others in using condoms correctly and consistently to reduce their risk from acquiring an STI.

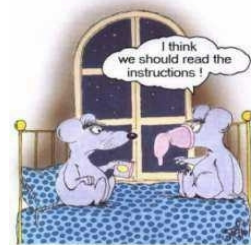
Ref: Daily Mail 29/11/07 'Sexual Health Shock'





### Free Distribution of condoms, dams and PTK's to hard to reach and/or vulnerable groups.

The overall aim of this initiative is to increase accessibility and provision of free condoms, dams and PTK's to high risk and/or vulnerable groups, which is one of the actions in the Sexual health Wellbeing Action plan 2007-2010. The project is in the final planning stages with standards and guidelines out for comments. It is hoped the project will start to be rolled out after the sexual health week.



### Dumfries & Galloway Sexual Health Awareness Week 28<sup>th</sup> Jan - 4<sup>th</sup> Feb 08 'Lets Talk About Sex'

This has come about as it was thought that the FPA's sexual health week in August was not a good time in this region due to school and work place holidays. Apart from raising awareness the aim of the week is promote positive sexual health, to place sexual health on other agencies agendas and to attempt to make people more comfortable in talking about sex health issues. The target group this year will be professionals in the statutory and voluntary sectors and next year rolling out to the public. Confirmed events

- ❖ Radio advertising and interview on Westsound's monthly health spot
- ❖ Sexual health Awareness days (see below for details)
- ❖ Launch of revamped website [c4urself.org.uk](http://c4urself.org.uk)
- ❖ Postal testing Kits to be launched
- ❖ Positive media coverage and pre positive health message
- ❖ Launch of new 'Speakeasy' Project (More later in newsletter)
- ❖ Launch of 'Body Boards' and resource materials
- ❖ Toolkit/resource Information pack for those wishing to hold their own event.



### Speakeasy Project

Research has shown that sex and relationships education can raise the age young people first try out sexual activity, cut the rate of teenage pregnancies and abortion, and lower the rate of sexually transmitted infections (STIs). Most young people want to hear the facts from their parents or carers and be able to talk with them about body changes, feelings and boyfriends/girlfriends, yet many parents and carers feel embarrassed or are not sure what to say.

**Speakeasy** will help you feel more confident talking to your children about sex, relationships and growing up. It's a Family Planning Association (FPA) course for mums, dads and carers of children of all ages. It's a fun and relaxed and is delivered over 8 weekly sessions. In addition the **Speakeasy** course is accredited by the Open College Network so you have the option to gain an award which could help you go onto further training or employment.

For more details log on to [www.fpa.org.uk](http://www.fpa.org.uk) or contact **Laura Fairbairn** on 01387 272751 or email [laura.fairbairn@nhs.net](mailto:laura.fairbairn@nhs.net).



## C4U OUTLETS AND PICK UP POINTS - NEWS



### Nithsdale

Students from Crichton Campus recently held a 'Boys night out girls night in' in a local pub where c4u goodie bags were distributed. Department has new admin support for sexual health. Hayley McQueen joined us in November and will be involved in C4U.

### Wigtownshire

After many years being based at YMCA in St John's Street, Stranraer the C2U has moved to new premises round the corner at Crannog, Thistle Street, Stranraer. The Garage has also moved into these same premises. Days and times are still the same and are as follows:-  
C2U Wednesday 3.30-4.30pm

Garage Wednesdays  
5.00-6.30pm



### Stewartry


Still no uptake of C2u and C4U services in this locality. Consultation has been carried out with older pupils at Kirkcudbright Academy and Castle Douglas in an attempt to ascertain what the reasons may be. Results are in the process of being collated. Castle Douglas medical centre are running a Pilot health MOT for 15 year olds and this is proving successful and may be having an effect on attendance at CD's C2U

### Annandale & Eskdale

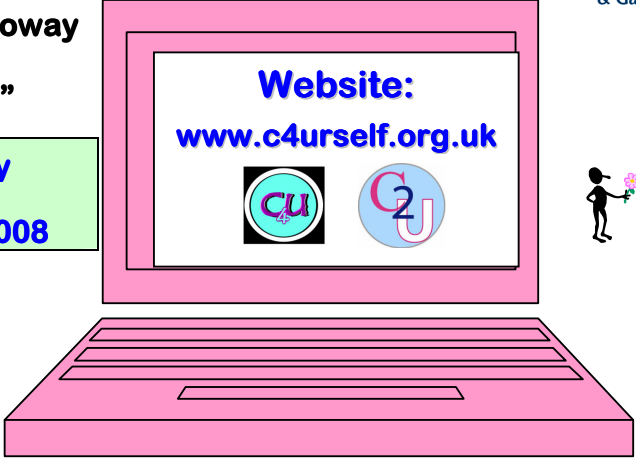
Still no news on c4u or c2u in Langholm, however, new school nurse at Langholm has just completed her family planning training so here's hoping there will be some progress to report in next newsletter.

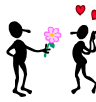
'Big World' recently took place at the Victoria Halls in Annan. This involved 6<sup>th</sup> year pupils from 9 secondary schools being taken on a virtual night out which was acted out by drama students from George Street School of Art. Drama, short lectures and workshops were given on issues such as LGBT, drugs, alcohol, sex, safe driving, knife crime and fire safety. It is an innovative way to get important messages across to young people. 419 people attended and the event has evaluated well. Planning for next years event will commence in Jan 08. Staff from Annan & Langholm cluster schools attended a development session on sexual health & relationships during in-service days. C2U Clinics, C4U and 'Speakeasy' was 1 of the 9 workshops on offer throughout the day. Initial feedback seems positive.


## “LETS TALK ABOUT SEX”




**“LOCAL Dumfries & Galloway  
SEXUAL HEALTH  
AWARENESS WEEK”**








Monday to Friday  
9.00am to 4.00pm  
**08457 02 36 87**  
All Calls Are Charged At Local Rates



Department of Family Planning & Sexual Health



## Free Multi Agency Sexual Health Awareness Day(s)

These awareness days will cover the following topics: -

Risk Taking Behavior & Self Esteem

Contraception & Condoms

Confidentiality & Legal Issues

Sexually Transmitted Infections

LGBT Issues



These are awareness days and anyone who has attended a C4U training day will have covered the above topics.

Sexual Health Awareness Day  
on Tuesday 29<sup>th</sup> January 2008  
Woodland House Hotel  
DUMFRIES  
09:15 to 16:00



Sexual Health Awareness Day  
on Thursday 31<sup>st</sup> January 2008  
North West Castle Hotel  
STRANRAER  
09:15 to 16:00

Lunch will be provided on both days and anyone interested in attending should complete the tear off slip and return it to: - **Adele Hannah, C4U Co-ordinator**, Dept of Family Planning & Sexual Health  
NHS Dumfries & Galloway, Nithbank, Dumfries DG1 2SD or email: [adele.hannah@nhs.net](mailto:adele.hannah@nhs.net)

**NO LATER THAN Friday 18<sup>th</sup> January 2008**



Name: ..... Designation: .....

Organisation & Address: .....

Office Tel: ..... Mobile: .....

Any special dietary requirements? (please give details) .....

Please tick ☒ the awareness day you would like to attend

☐ Tuesday 29.01.08 at DUMFRIES



☐ Thursday 31.01.08 at STRANRAER