



Sexual Health D&G Multi Agency Newsletter



**Issue 38
Aug 2019**

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The most recent (2017) teenage pregnancy data - released at beginning of July.

D&G are still doing well with a falling pregnancy rate in all age groups over the past 10 years (although we remain above the Scottish average). **Our under age 20 pregnancy rates in particular have fallen this year as 2 years ago we had the highest. In addition our under age 16 figures have been suppressed (which means < 5 pregnancies).** The teenage pregnancy rate in all age groups in Scotland has been falling every year for more than 10 years.

	<16			<18			<20		
	D&G	Scotland	From top	D&G	Scotland	From top	D&G	Scotland	From top
Num- bers (** sup-pressed)									
2012	17	492		24	2512		181	6500	
2013	**	398		49	2186		157	5810	
2014	10	352		61	1939		136	5122	
2015	8	244		55	1713		143	4808	
2016	**	243		33	1576		118	4622	
2017	**	191		35	1319		106	4276	
Rate (** sup-pressed)									
2006	8	6.4	8 th	44.7	41.2	3 rd	64.5	57.6	3 rd
2012	6.8	5.6	2 nd	28	28	6 th	42	41.7	6 th
2013	**	4.7	11 th	18.8	24.6	11 th	36.8	38	7 th
2014	4.5	4.2	4 th	24.4	22.1	2 nd	33.5	34.1	8 th
2015	3.8	3	4 th	23.5	20.1	3 rd	37.1	32.4	1 st
2016	**	3.1	10 th	15	18.9	10 th	31.6	31.6	6 th
2017	**	2.4	11 th	16.6	16.3	10 th	29.9	30.2	6 th

Sexual Health Training for 2019

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

Thursday 7th November 2019
Garroch Training Centre, Dumfries
9.15am—4.00pm

This training will cover:
Child Sexual Exploitation
Grooming
Pornography
Social networking - Risks
Rape/Consent
Local Case Studies

This training is free. For further information or to apply
please contact Adele Hannah

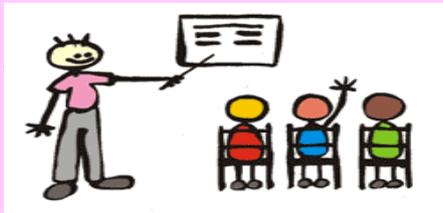
FREE MOTIVATIONAL INTERVIEWING TASTER SESSION

Sexual Health D&G Meeting Room

Thursday 28th November 2019 1.00—3.00pm

These sessions are aimed at people working 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.**

This session is free. For further information or to apply please contact
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 26th Sept 2019

1.30—3.30pm

These 2 hour sessions are aimed at people working in the statutory and voluntary sectors who would like to receive an introductory insight into the issues and concepts around sexual health and sexual health services within the wider community. ***These sessions are not suitable for service users of the general public, nor those who have attended MASH Tier 1 training.**

SEXUAL HEALTH TASTER SESSIONS

These sessions are aimed at those in the statutory and voluntary sectors who **support people with a learning difficulty.**

Thursday 31st Oct 2019

1.30 –3.30pm

Aims:

1. Address and discuss difficulties which may be faced by those individuals with learning disabilities.
 2. Discuss free agreement to sexual intercourse and capacity to give free agreement
 3. Briefly discuss STIs
 4. An overview of current contraception
- Highlight services offered by Sexual Health D&G

All sessions above are free of charge. For further information or to apply please contact adele.hannah@nhs.net

<16
<18
<20

**OFFERING SUPPORT TO YOUNG PEOPLE
AGED 12-25 ACROSS DUMFRIES**

**1-2-1 support
issue based groups
sexual health clinic
free wifi + computer access
advocacy
information + advice**

FIND US ON SOCIAL MEDIA
f t i

01387 251322
Youth.Work@dumgal.gov.uk

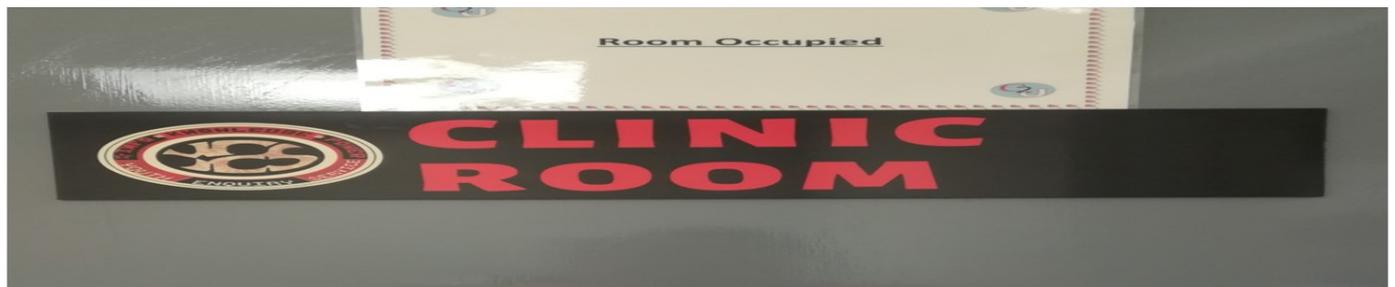
YOUTHWORK
DUMFRIES & GALLOWAY

Dumfries & Galloway Council

Dumfries C2U Youth Clinic has moved to new premises within the New Youth Enquiry Service, (YES) based at DG1 Pool. The entrance is at side of pool next to roundabout at Leafield Road .

**Drop—in clinics
Mon. 3.00—4.30pm
Fri. 3.00—4.30pm**

The Drop in clinic provides a **confidential service** for those **under 20** on such things as: contraception, STI testing & treatment, condoms, emergency contraception and advice on relationships and sexual health.



Sexually Transmitted Infections (STIs)–Latest

Two reports published by Health Protection Scotland (HPS) on 28 May 2019, reveal an increase in the number STIs diagnosed in Scotland between 2017 and 2018, specifically genital Chlamydia, gonorrhoea and infectious syphilis. Genital Chlamydia remains the most frequently diagnosed STI in Scotland with 16,338 diagnoses reported in 2018, which represents a 4% increase compared to 2017. This STI predominates in women (58% of all diagnoses) and in young people (**66% of all diagnoses were made in those aged less than 25 years**), following on from similar patterns observed over the past decade.

According to [data](#) released by the **World Health Organization** (WHO), there are more than one million new cases per day of curable sexually transmitted infections (STIs) among people aged 15-49 years. **This amounts to more than 376 million new cases annually of four infections, Chlamydia, gonorrhoea, trichomoniasis, and syphilis.**

Since the last published data for **2012, there has been no substantive decline in either the rates of new, or existing, infections.** According to the latest figures, approximately one in 25 people globally have at least one of these STIs, with some experiencing multiple, simultaneous infections.

These STIs have a profound impact on the health of adults and children world-wide. If untreated, they can lead to serious and chronic health effects that include neurological and cardiovascular disease, infertility, ectopic pregnancy, stillbirths, and increased risk of HIV. STI infection is also associated with significant levels of stigma and domestic violence. Source: [WHO, 6 June 2019](#)

Estimates from the University of Warwick suggest that the human papillomavirus (HPV) vaccine programme could prevent over **64,000 cervical cancers** and nearly **50,000 non-cervical cancers by 2058.**

Girls have been offered the vaccine since 2008, amounting to 10 million doses of HPV vaccine given to young women, covering over 80% of women aged 15 to 24.

A Scottish study showed that the vaccine has reduced pre-cancerous cervical disease in women by up to 71%, while diagnoses of genital warts in 15 to 17 year-old girls and boys have declined by 90% and 70%, respectively.

The HPV vaccine helps to protect against all cancers linked to the HPV virus including cervical, penile, anal and genital cancers and some cancers of the head and neck. Cervical cancer is currently the most common cancer in women under 35, killing around 850 women each year. **HPV is thought to be responsible for over 99% of cervical cancers, as well as 90% of anal cancer, about 70% of vaginal and vulva cancers and more than 60% of penile cancers.** [Ref:](#)

HPV vaccination to be offered to Scottish boys

The Scottish Government has announced it will implement a HPV (human papillomavirus) vaccination programme for boys.

Currently, the vaccination is offered to S1 to S3 girls, protecting against a virus that causes cervical cancer. The Joint Committee on Vaccination and Immunisation had advised extending immunisation to boys of the same age. **From the 2019-2020 academic year, the HPV vaccine will be offered to boys in S1, in addition to girls, as part of the routine school-based programme.** Last year, the vaccination began to be offered to men up to the age of 45 who have sex with other men. [Read more here:](#)

Change afoot for smear tests

A NEW initiative in cervical screening is set to be trialled locally next year in a bid to reach some of the 6000 women who are behind with their smear tests.

And it will do away with the need to try and fit in a GP appointment and will also tackle fears over the invasiveness of the current form of testing.

NHS Dumfries and Galloway are instead planning to send out home sampling kits consisting of a vaginal swab. Not only will those targeted be able to take the test in the comfort of their own home and in their own time – but it's also less invasive than the current cervical sample which is taken by a health professional.

[Read more here:](#)



*This is a live test-for-functionality of the updated RSHP site

Welcome to the national resource for **relationships, sexual health and parenthood** (RSHP) education for children and young people. The resource can be used in early learning settings, schools, colleges and community-based learning. It is organised to sit within Curriculum for Excellence.

You can join our network at [get involved](#) and once subscribed, you will be kept informed of any developments in the delivery of RSHP education.

NEW RSHP RESOURCES

A national curriculum for RSHP education for children and young people aged 3 to 18 has been developed.

In the coming months the RSHP curriculum that will be used in early learning settings, schools, colleges and community-based learning will be available [online](#)



Combined Pill



Condoms



Injection

Injection every 3 months.
Good for period pain.
Good for stopping periods.

[Read more](#)

Patch



<https://www.contraceptionchoices.org/contraceptive-method/injection>

Want to know what contraception is right for you? [This website has it all!](#)

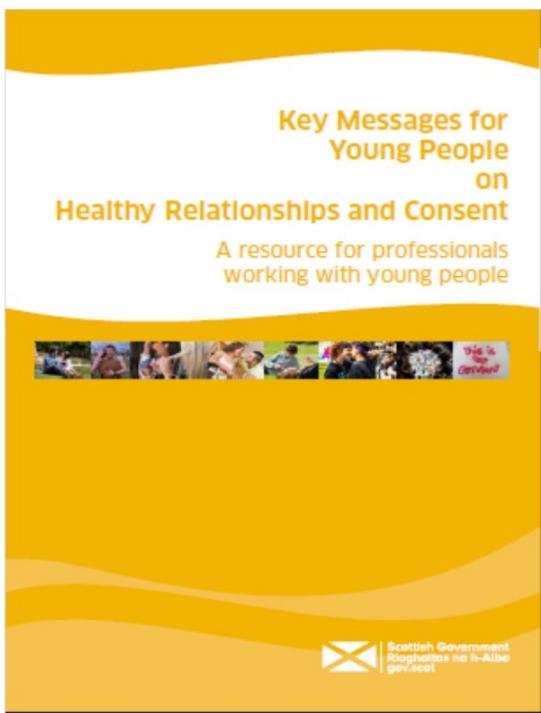
Child Abuse and Neglect Facts and Statistics

Child cruelty and neglect offences have doubled over the past five years in the UK. There were **16,939 child cruelty and neglect offences** recorded by Police in 2017 – 2018 up from 7,965 in 2012-2013. NSPCC. [Info graphic](#)

7 questions parents ask about nude selfies

Many parents ask us about young people taking and sharing revealing pics of themselves. Here we answer your most frequent questions with the best advice on keeping children safe...

[Open here:](#)



The key messages on healthy relationships and consent have been developed as part of the Scottish Government's work on supporting positive relationships and sexual wellbeing in young people. The messages set out that **relationships should be mutually respectful, consensual, positive, healthy and enjoyable.**

They are applicable to all romantic relationships – from those that are about holding hands to those where young people are sexually active, **regardless of whether they are in same sex or mixed sex relationships.**

[Full Resource:](#)

SEXUAL HEALTH WEEK 2019

relationships, sex & disability
16-22 september

For more than 10 years Brook has been proudly supporting FPA's Sexual Health Week and we are now honoured to be running this fantastic campaign (16-22 September). **The theme is 'relationships, sex & disability'** and we are thrilled to be working alongside [Mencap](#). In order to better understand the current climate and challenges for professionals delivering relationships and sex education to young people with special educational needs and disabilities (SEND), we have created this [anonymous survey](#). Please support by completing and sharing with your contacts. For more information and to download our promotional resources, please visit our [website](#). You can join the conversation on social media using #SHW19 and [contact us](#) if you have any questions or would like to collaborate.

[See more here:](#)

Effective elimination of hepatitis C by 2024.

Plans to treat more people annually for hepatitis C will see Scotland effectively eliminate the condition **six years ahead of the World Health Organisation's expectations.**

Public Health Minister Joe FitzPatrick has committed **to increase the number of people treated for the potentially fatal blood-borne virus to at least 2,500 in 2019-20 and to at least 3,000 annually from 2020-21.**

In Scotland there are an estimated 21,000 people living with hepatitis C, which causes progressive damage to the liver. By increasing the number of people treated annually, NHS Scotland will be able to effectively eliminate the condition by 2024.

During 2018-19 NHS Scotland exceeded the target to treat 2,000 people for hepatitis C. [Ref:](#)

New independent HIV Commission to end HIV transmissions in England by 2030 launches with Government endorsement

- *Commission will draw on the ideas and experience of people living with HIV, businesses, the voluntary sector and the public*

London (22 July 2019)– A new independent commission to develop evidence-based recommendations to end HIV transmissions and HIV-attributed deaths in England within the next 10 years has been launched today.

The HIV Commission has been created by the UK's leading HIV charities, Terrence Higgins Trust and NAT (National AIDS Trust). It will be chaired by Dame Inga Beale, the former CEO of Lloyd's of London.

The year-long independent commission is backed by the UK Government. It will host a series of community events, a public online consultation, and a national call for evidence from those directly impacted by HIV.

The HIV Commission will publish its recommendations next spring, which the Government has committed to review as part of its commitment to publish an action plan to meet its target to end new HIV transmissions by 2030 [1]. [Read more here:](#)



Left to their own devices

Young people, social media and mental health

By Mihalis Papamichail and Neera Sharma, June 2019



It can be a positive opportunity to learn, to connect with friends and family and to have fun. **However, internet use can also expose children to dangers, such as cyber bullying, online grooming and sexual abuse.**

Barnardos gathered insight to find out more about the effects of social media on children and young people's mental health and wellbeing, Half of those responding said they had worked with children aged 5 to 10 who had been exposed to unsuitable or harmful materials online, and more than one third said children in that age group had been victims of cyber bullying.

11-15 year olds: 79% of practitioners said children they work with have experienced cyber bullying. Some also highlighted that cyber bullying had led to self-harm and suicide.

78% had worked with children in this age group who had been groomed online and 78% worked with children in this age group who had accessed unsuitable/harmful content. [Full report here:](#) [Summary report here:](#)

Sexual Violence & Harassment in UK universities.

New research from 5,649 university students, carried out by Brook, shows, more than half of UK university students across the country are being exposed to unwanted sexual behaviours such as inappropriate touching, explicit messages, cat-calling, being followed and / or being forced into sex or sexual acts – yet **only 8% have reported an offence.**

- Only a quarter of students (25%) who were forced into having sex went on to report it
- Nearly half of women (49%) said they were inappropriately touched but only 5% reported it
- A quarter of women (26%) were sent unwanted sexually explicit messages but only 3% reported it
- 53% of respondents had experienced these unwanted sexual behaviours from another student
- 30% of incidents took place on campus
- Women were more likely to experience unwanted sexual behaviours than men; 49% of women said they had been touched inappropriately compared to 3% of men

[Read full findings here:](#)

Inside-Outside D&G



Curators wanted!

The Women's Support Project, The Encompass Network and Dumfries and Galloway Public Protection Partnership are pleased to be working together to bring the Inside Outside multimedia exhibition to Dumfries.

Inside Outside, which is based on the experiences of women involved in prostitution, will be on at

The Bakers Oven, High Street Dumfries
from: **10th - 14th September 2019**

We are looking to recruit a team of people to help install and curate the exhibition. This will include registering visitors, giving out information, redirecting to local support services and talking about the pieces on show. If you can offer even 2 hours of your time over the 5 days, that would be much appreciated.

If you are interested in curating, please email:
domesticabuse@dumgal.gov.uk

**CURATION
TRAINING
20TH AUGUST
2019**

**AT
CARGEN TOWER
GARROCH LOANING
DUMFRIES
DG2 8PN**

TIMES: 10.00 – 15.00

THIS SESSION WILL
PREPARE ALL THOSE WHO
WANT TO VOLUNTEER AND
CURATE THE EXHIBITION.

You will get a chance to view the exhibition materials ahead of the event and meet other people in the curation team.

www.insideoutsidescotland.info

Women's Support Project
Unit 11a
Adelphi Centre
12 commercial road
Glasgow G5 0PQ
0141 4180748



**Feeling stressed or worried?
Want to meet new people?
Like to be more active?
Thinking about eating healthier?**

**Healthy Connections is a free,
confidential service for
people over the age of 18 that can help.**

Get in touch:

**☎ 01387 244401
dumf-uhb.nithsdalehit@nhs.net
✉ Lochfield Road Primary Care Centre
Dumfries, DG1 9BH**



**Healthy Connections is free and
confidential.**

We will:

- **Meet with you for a chat,**
- **Find out what is important to
you,**
- **Find out what suits you,**
- **Link you with activities,**
- **Give you encouragement and
support.**

Like more information?

Get in touch with us:

- **☎ 01387 244401**
- **dumf-uhb.nithsdalehit@nhs.net**
- **✉**

**Health and Wellbeing Team
Lochfield Road Primary Care
Centre
12 - 28 Lochfield Road
Dumfries
DG2 9BH**

CoH-Sync Project Partner Organisations

Western Health & Social Care Trust

Health Service Executive

Public Health Agency

Southern Health & Social Care Trust

NHS Dumfries & Galloway

Health & Social Care Board

CoH-Sync Project Delivery Partners

Donegal Local Development Company Ltd.

Bogside & Brandywell Health Forum.

Arc Healthy Living Centre.

NHS Dumfries & Galloway.

Southern Health & Social Care Trust.



Local Community Health & Well-being Hub Contact Details.

Wigtownshire Health and Wellbeing Team

Stranraer and Rhins

Locality Offices
Victoria Place
Stranraer
Wigtownshire
DG9 7HX

Tel: 01776 707757

Newton Stewart and Machars

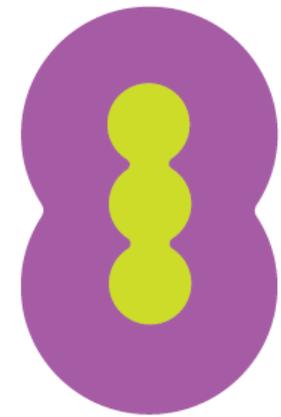
Newton Stewart Hospital
Stranraer Road
Newton Stewart
Wigtownshire
DG8 6LZ

Tel: 01671 402015

E: dumf-uhb.HSCIWig@nhs.net



Community Health Sync Project



Community Health Sync Project

'Supporting Cross-Border Health'



Wigtownshire Health and Wellbeing Partnership

A project supported by the European Unions INTERREG VA programme, managed by the Special EU Programme Body.

A new cross-border area intervention to support positive health & well-being and prevention of ill health.

CAWT CoH-Sync Project Overview

CoH-Sync is short for 'Community Health Synchronisation' and this project aims to have a positive impact on the health and well-being of individuals and communities.

What we Want to do

Help you live a healthier lifestyle by providing you with:

- A free, confidential and personal health & well-being plan.
- One-One support from a Community Health Facilitator/Trainer.

'Starting to watch more carefully what I am eating and trying to keep active'.
John 39.

- Provide a pathway to a healthier you.
- Deliver a local community approach to health & well-being.
- Connect you to your local community.
- Provide you with encouragement and support to help keep you on track with your health goals.

"CoH-Sync is a cross-border community health project that focuses on"



Who is CoH-Sync for?

CoH-Sync Wigtownshire is open to anyone 14 years old and over in your community.

How CoH-Sync can Benefit you?

- Feel better about yourself
- Increase your confidence
- Be more active and healthier
- Set realistic goals
- Eat healthier
- Connect with your community
- Build new relationships



'First time I found time to exercise, I love it. I have got fitter and lost weight'.
Patricia 56.

Your Next Step. You Decide!

- Contact a Community Health & Well-Being Hub in your community OR chat with your health professional for more information or referral.
- Start your health journey with us.
- It could not be easier, so take the next step and get in touch.

It couldn't be easier, so take the next step and get in touch!



30th July - World Day against People Trafficking

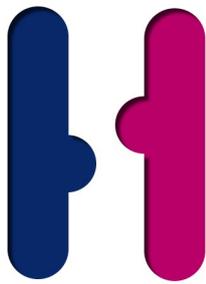
Every year, hundreds of thousands of people – mainly women and girls – are trafficked around the world:

- To be exploited in the sex trade
 - To be exploited as victims of forced labour
- To be exploited in other ways
It happens in Scotland too.
Take action!

[Click here](#) to learn how to spot the signs.
If you see anything suspicious, **report it**.

Police 101 (or 999 in an emergency)
Modern Slavery Helpline (confidential if you want) 08000 121 700
Police Scotland's National Human Trafficking Unit:

SCDNationalHumanTraffickingUnit@Scotland.pnn.police.uk



Sexual Health
D&G

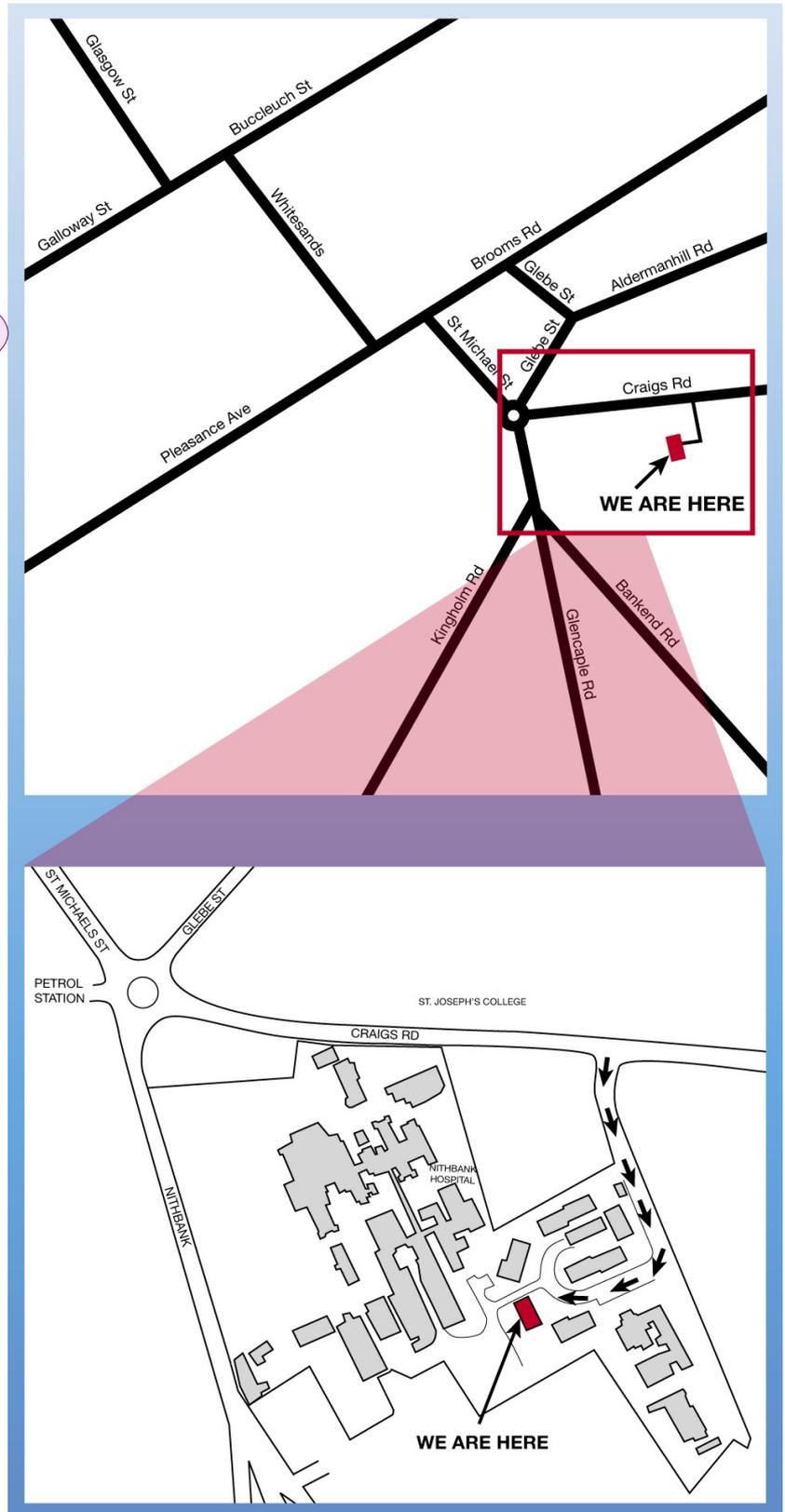
www.sexualhealthdg.co.uk

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

How to find us:



Telephone Helpline
Monday to Friday
1.00pm—2.00pm
Mobile: 07736 955 219

Nithbank
Dumfries
DG1 2SD
Tel: 03457 023687
Email: dgsexualhealth@nhs.net

Send us your news for next issue, due December 2019