

# Sexual Health Quarterly Bulletin; April to June 2018 Prevention and Promotion



## Theme; Spring screen

Getting checked is always a good idea with a recommendation of at least once a year for people in a sexual relationship, and more frequently depending on number of sexual partners. Whilst **anyone** can get an STI, young people aged between 15 and 24yrs are disproportionately affected.

## World Health Day;

takes place on the 7<sup>th</sup> April marking the founding of the WHO and this year promotes the notion of health for all. Whilst a global event focussing on many areas of the world where access to healthcare is extremely difficult, health for all is a crucial principle and in terms of sexual health, individuals have a right to good sexual health irrespective of ethnicity, gender, sexuality or anything else, and access to services to support that right.

## The Definition of Sexual Health adopted by the WHO;

“Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.”

## Our Vision

To achieve this vision we need to work together to support individuals through...

...promotion of sexual health services from preventative services such as C-card (aimed at younger people), EHC scheme and Chlamydia screening programme, along with contraception and STI testing ,and treatment, services.

...ensuring services are welcoming to all individuals by being explicit in challenging homophobia and negative or unhelpful stereotypes.

..ensuring that, as professionals we are aware of services that can help individuals develop and benefit from positive relationships, including sexual ones.

## Mental Health Awareness Week 14<sup>th</sup> – 20<sup>th</sup> May



The theme of this year's mental health awareness week is that of reducing stress, and the benefits this would bring. There are of course many reasons and causes of stress and some of these have particular relevance to sexual health. For example;

- Discrimination for any reason, including gender, religion, ethnicity, sexuality.
- Unhealthy relationships in its broadest meaning.
- Having a serious illness such as HIV can be a significant cause of stress and one of the most common mental illnesses experienced by those living with HIV is depression.

Evidence shows that individuals who identify as LGBT have significantly worse mental and physical health. For example;

- For an LGBT individual experiencing domestic abuse, the difficulty in seeking help may be made worse by a need to simultaneously Come Out as well. A process much more difficult if there is real or perceived discrimination.
- Bullying, homophobia and discrimination has a significant impact on mental health with some research showing between 27% and 45% of gay men experiencing suicidal thoughts compared with 4% of men in the general population.
- Concealment of sexual identity due to discrimination (both real and perceived) can itself be a significant cause of stress.

Unhealthy relationships are, self-evidently, a cause of stress and impact on emotional and mental well-being. For young people emotional development can also be affected by experiences in relationships through adolescence;

- As young people develop emotionally, they are heavily influenced by experiences in their relationships. Healthy relationships can have a positive impact on teenagers' emotional development. Unhealthy relationships can have severe consequences, short and long-term on the teenager.
- Chronic stress through poor relationships can manifest through poor mental health (eg depression, anxiety) or physical symptoms (eg high blood pressure)

## How to reach us;

We would like to encourage people to use Sexual Health services in the same way as any other services, without fear of stigma or worry, and simply as a means of maintaining health and well-being.

To this end the service has a number of routes to maintain good sexual health. These include;

The **C-card scheme** which encourages young people to look after their sexual health by offering advice, support and signposting through young peoples services. Condoms are also available for young people through this scheme and are distributed, where appropriate.

The **condom distribution** scheme focusses mainly on GP's, pharmacies and other settings to encourage condom use in adult populations to reduce the spread and risk of Sexually Transmitted Infections

The **Emergency Hormonal Contraception (EHC) Scheme** through participating pharmacies to ensure cost is not a barrier to individuals accessing EHC. The scheme is open to any individual over the age of 13, although due care and attention is paid to safeguarding and wellbeing for all young people under 16, accessing the scheme.

Our **text service** to receive a postal Chlamydia Screening kit. People just need to Text **TESTME plus** name and address to 80010 to receive sample kit which can be returned via freepost and the sample provided is tested for both Chlamydia and Gonorrhoea.

**Broad Street Clinic** times are shown over the page, but we also have clinics running weekly in both **Todmorden and Brighouse** (See website for further information). Clinics have dedicated slots for those under 19, and a mix of walk-in / drop-in clinics and appointment only times.

Within Clinic we have a **“Test & Go”** option which is available for people who have no specific reason to believe they have an STI, but just want a check-up for peace of mind. The test involves a blood test, plus a urine / swab for Chlamydia and Gonorrhoea.

The service also runs a **“fast-track”** service for vulnerable patients. In practice this means that during walk-in clinics we can prioritise these individuals, or where an appointment has been booked individuals can be taken through to a quieter waiting area if this is helpful. Finally, where a young person may need longer than a standard appointment due to their circumstances this can also be accommodated. However for a patient to be fast-tracked, the service would need prior notice of this need, and an idea of their circumstances.

## ***Mens health week / Diabetes awareness week***

This week focusses on Diabetes and takes place during Diabetes week (11 – 17<sup>th</sup> June)

The following links are useful in understanding a bit more about diabetes generally and from a men's health point of view.

<https://www.diabetes.org.uk/diabetes-the-basics>

<https://www.menshealthforum.org.uk/mhw>



### **Broad Street Opening Times;**

#### ***Monday***

8.30 am - 1.30 pm – Queue and wait  
3.00 pm - 5.00 pm – Under 19's queue and wait  
3.30 pm - 5.00 pm – Booked appointments  
5.30 pm – 6.30 pm – Queue and wait

Please note: The queue & wait clinic between 5.30-6.30pm will have limited capacity. Therefore you may be asked to return if the clinic is full. Apologies for any inconvenience this may cause.

#### ***Tuesday***

8.30 am – 9.30am – Booked appointments  
9.00 am - 1.30 pm – Queue and wait  
1.30 - 4.00 pm – Booked appointments

#### ***Wednesday***

8.30 am – 9.30am – Booked appointments  
9.00 am - 1.30 pm – Queue and wait  
3.30 - 6.30 pm – Booked appointments

#### ***Thursday***

8.30 am – 9.30am – Booked appointments  
9.00 am - 1.30 pm – Queue and wait  
10.00 - 4.30 pm – Booked appointments

#### ***Friday***

8.30 am – 9.30am – Booked appointments  
9.00 am - 1.30 pm – Queue and wait

#### ***Saturday***

10.15 - 1.15 pm – Queue and wait  
(EMERGENCIES ONLY)

### **Other useful links;**

Integrated Sexual Health Service;  
<http://sexualhealth.cht.nhs.uk>

Family Planning Association;  
[www.fpa.org.uk](http://www.fpa.org.uk)

Brook (young persons sexual health charity); [www.brook.org.uk](http://www.brook.org.uk)

Victim support;  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Womens Centre;  
<http://womenscentre.org.uk/>

GALOP (LGBT anti-violence charity, ad domestic abuse support);  
[www.galop.org.uk](http://www.galop.org.uk)

Brunswick Centre  
[www.thebrunswickcentre.org.uk](http://www.thebrunswickcentre.org.uk)

Childline;  
**0800 1111**  
[www.childline.org.uk](http://www.childline.org.uk)

Kooth;  
<https://kooth.com/>

Healthy Minds  
**01422 345154**  
[www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)



Calderdale Sexual Health &  
Calderdale and Huddersfield HIV Services



# GET YOURSELF A SPRING SCREEN

Text TESTME to 80010  
with your name and  
address for a FREE  
Spring Screen Chlamydia  
and gonorrhoea home  
testing kit

[www.sexualhealth.cht.nhs.uk](http://www.sexualhealth.cht.nhs.uk)



Liz Todd  
Medical Secretary  
01422 261354

I support the team  
to deliver  
prevention services  
and manage our  
Facebook and  
twitter feeds.



Steve Searby  
Sexual Health  
Promotion Lead ;  
01422 261367

I lead on the promotion  
and prevention activity  
in the service.



Lisa Morris  
Health Care Assistant

I support delivery of  
services in clinics and  
go out to schools



Jill Tattersley (right)  
Sexual Health Nurse.

I work at the sexual  
health clinics and go into  
the Pupil Referral Unit to  
deliver services with  
Shirley Oakley  
Health Care Assistant  
(Left), who also goes to  
other schools to deliver  
drop-ins