

Sandyford



Health Improvement Team
Sexual Health

Annual Report

2021/22

Contents

Introduction	1
Children & Young People	2
HIV Prevention Gay, Bisexual and men who have sex with men	5
Vulnerable Adults	7
Free Condoms	8

Introduction

It is with mixed feelings we present our 2021-22 annual report. The team has worked hard to deliver our work programme to improve the health and wellbeing and address the considerable inequalities in sexual health and relationships experienced by our population.

As a team we became more adept at managing the challenges of ongoing home working during the second year of the COVID-19 pandemic. We continued to deliver most of our programmes digitally and began to reintroduce a small element of face to face delivery once restrictions allowed. We have delivered some exciting new programmes of work across the team as well as maintaining our core programmes.

We were delighted to welcome two new members to our team, Lorraine Fleming and Mairead Rowan, both of whom add rich previous experience to the team.

However this was also the year our much missed colleague Hazel-ann McWhirter died suddenly in October 2021 at far too young an age. Her death affected us all deeply, but I have been so impressed and humbled by the way that our team has shown such care, compassion and support for each other during the difficult process of grieving.

I cannot thank them enough.

So while we look forward to delivering our exciting programme of work for 2022-2023, I would like to dedicate this annual report to the memory of our Hazey.

*Nicky Coia,
Health Improvement Manager*

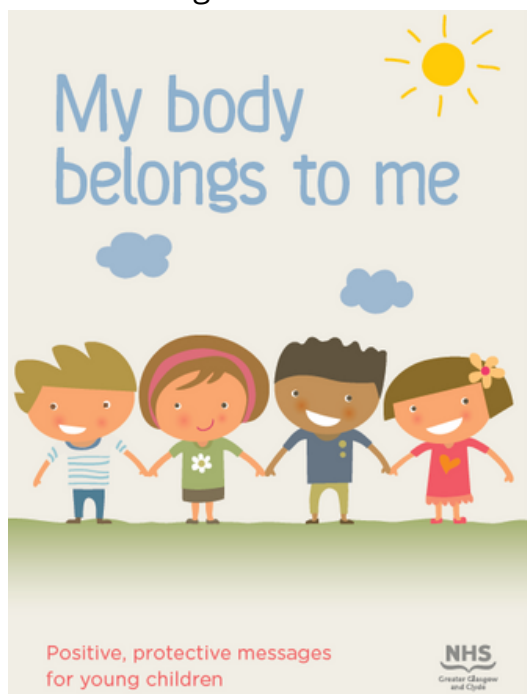


Hazel-ann McWhirter

Children & Young People

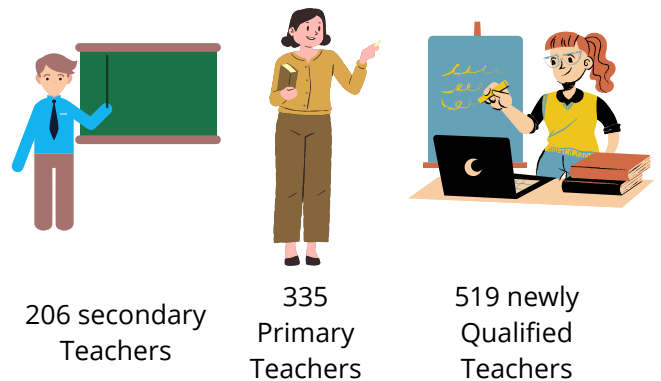
Early Protective Messages (EPM)

EPM is designed to deliver on Scottish Government policy on a range of healthy relationships and equalities issues for parents/carers and key professionals involved in the lives of children aged 3-5. The EPM programme continues to be rolled out across the NHSGGC Board area with whole staff teams across all early years establishments in Renfrewshire and East Dunbartonshire trained during academic year 2021/22. 128 Partnership Nurseries across Glasgow City have also participated in EPM training sessions in this business year. Development of an online portal to facilitate the roll out of the programme nationally is underway and should be launched in August 2022.



Relationships, Sexual Health and Parenthood Education

As a team we continue to lead the national partnership responsible for the development and implementation of [RSHP.scot](https://www.rsHP.scot), the national teaching and learning resource for all children and young people aged 3-18. In the past year we have delivered RSHP education training to:



In April 2022 we launched a new section of the resource with content specifically aimed at learners with complex and severe learning needs, along with their parents and carers. April 2022 also saw the addition of further content for learners 14+ with additional support needs after gaps in the existing material were identified.

Key Messages

The team reviewed research findings published in 2019-21 and distilled these into a briefing about behaviours, attitudes and trends regarding young people's sexual health and wellbeing. The purpose was to inform our collective work with young people and this briefing is being widely disseminated across partner organisations. It can be [accessed here](#).



Intensive Services and Youth Justice

This Glasgow City Council multi-faceted service provides support to some of the most vulnerable young people and their families. The team trained staff in all teams to ensure competence and confidence, across the service, to meet the sexual health and wellbeing needs of the young people they support.

Consent Campaign

The team, in partnership with other Health Boards, developed a Scotland-wide communications campaign aimed at all young people aged 16-19 years old. 'Awkward Moments' has been developed with young people in response to research that highlighted young people need the communication skills and understanding of what good, consensual experiences should be like in the context of intimate and sexual situations. This will be delivered during 2022/23.

Care Experienced Children and Young People

Work commenced on the development of an online, good-practice, guidance toolkit for staff and carers supporting care experienced children and young people across the six local authorities in the NHS GGC area. The toolkit is being co-produced by care experienced young people and Who Cares? Scotland, who were commissioned to manage the process of involving young people. Work is ongoing and due for completion at the end of the calendar year.

Conundrum – Action Group

This work was commissioned by a partnership of NHS Glasgow, Lothian, Lanarkshire and the Scottish Government to research the underlying reasons for a decline in the uptake of contraception and condoms in the under 25s. The findings are [here](#). In response to the research recommendations an Action Group was established comprising young people and sexual health decision makers from statutory and third sector organisations. The group aims to increase young people's meaningful involvement in sexual health policy making and service implementation in Scotland.

Scottish Guardianship Service

This service supports young, unaccompanied refugees. The team have funded and provided practical support for the development and maintenance of groupwork around sexual health and wellbeing. The learning outcomes reported, by young men in particular, have been very positive.

Teenage Pregnancy Prevention – Peer Influencers

This work aims to contribute to reducing the number of teenage pregnancies in the Govanhill area, and address the inequalities experienced by Roma young women in relation to this. A partnership of community organisations and the team, supported Roma Young Leaders (Community Renewal) to complete 10 weeks of sexual health training. They developed approaches to share this learning with their peers in informal community settings, both in person and through social media. The impact of the work will be assessed in August.

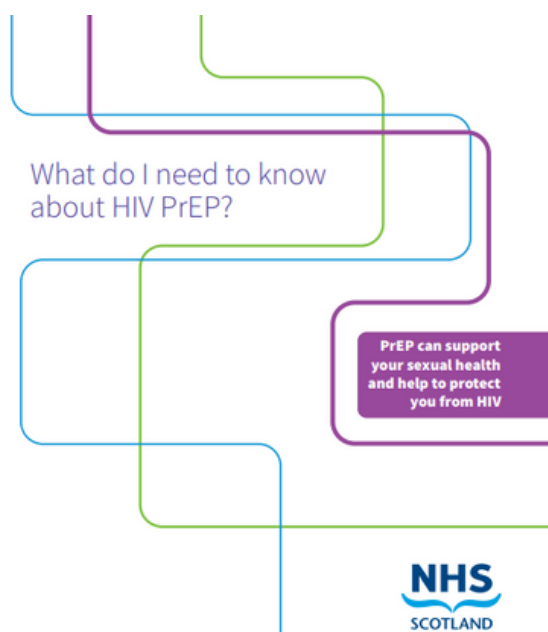


HIV Prevention

For Gay, Bisexual and men who have sex with men

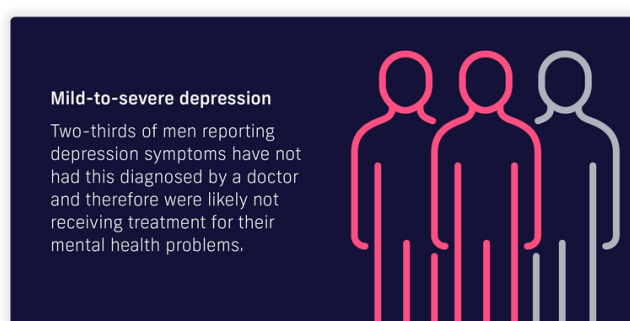
National HIV PrEP Resource

HIV PrEP (Pre-exposure prophylaxis) launched in July 2017 with limited patient information resources. The team led a national collaborative effort across NHS, third sector and academia to create a suite of new HIV PrEP patient information resources. Aimed at addressing concerns limited patient facing information may unintentionally reinforce inequalities and disadvantage vulnerable groups who may benefit from PrEP. Targeted at key population groups at higher risk of HIV transmission, the new Scottish resources consist of a series key group specific awareness leaflets, a clinic booklet, a new national website, short films intended for two key groups and an event-based dosing diagram. All are held nationally on www.prep.scot



SMMASH3 Infographics

SMMASH3 is the third triennial research study investigating both the sexual health and broader health and wellbeing of gay, bisexual and men who have sex with men in Scotland. This is one of the key mechanisms for assessing the health and social care needs of this key population group. We led a partnership of Glasgow Caledonian University, NHS GGC and NHS Lothian to translate the most recent research report into a suite of infographics which can be used to help start discussions, influence practice and build capacity by supporting workforce development of health and social care staff.



HIV Testing Campaign

#GlasGOWGetTested

We commissioned Terrence Higgins Trust to develop and deliver a social marketing intervention designed to encourage gay, bisexual and men who have sex with men (GBMSM) to test for HIV at a frequency based on their levels of sexual risk.

HIV testing is the foundation of HIV prevention. National guidelines recommend annual testing for all GBMSM with more frequent testing for those with higher risk behaviours. Most do not test appropriately to sexual risk, with a majority testing only when a risk has been perceived. We aimed to increase HIV testing frequency among GBMSM and encourage men to adopt proactive testing behaviours relative to their risk, shifting towards a pattern of regular, appropriate testing.

The campaign was centred online, with paid social media activity targeted to GBMSM across Instagram, Twitter, Facebook, Google Display and several dating/hook up sites and apps. Additional bus shelter advertising reinforced the online visibility in the real world.



The campaign ran from August 2021 to May 2022 in three phases layering the key messages and increasing the complexity of information with each step.

Phase 1 - August to December 2021 - Introduced GlasGOWGetTested brand to coincide with the re-opening of routine HIV testing appointments following the pandemic.

Phase 2 - March to April 2022 - Focused on the benefits of testing frequently, with the call to action to consider testing for HIV based on a self-assessment of their sexual risk.

Phase 3 - April to May 2022 - Focused on overcoming barriers to testing including stigma, fear of testing or results, denial of risk and ambivalence while continuing to encourage men to consider and establish a testing routine based on sexual risk.

Our focus now is on evaluation, sharing key learning and understanding how this can help shape future projects.



Vulnerable Adults

Understanding Need

Following the HIV outbreak amongst People Who Inject Drugs in Glasgow City, a sexual health needs assessment was carried out in partnership with voluntary sector colleagues to improve our understanding of this key population's needs.

Engaging and Building Capacity

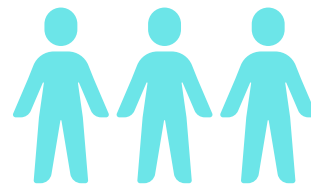
Staff working directly with vulnerable adults are key to supporting those at risk of poorer sexual health to engage in discussions around their sexual health and support them to access specialist services as appropriate.

We have developed links with services and networks working directly with vulnerable adults to explore opportunities to build capacity and work collaboratively with other health improvement colleagues to pursue a wider harm reduction approach. Next we will undertake a broader training needs analysis and develop a programme of training and resources to support a range of key staff groups including Homelessness Services, Alcohol & Drug Recovery Services and Community Justice Services.

In addition, the team is currently developing partnerships with the Health Improvement (Prisons) Team, Waverley Care and the Hep C Trust to develop and pilot a programme for staff, peers and people living in prisons.

Learning Disabilities

In 2021 NHSGGC undertook a needs assessment for staff supporting adults with learning disabilities. The team led the multi-agency group supporting this project. The objectives covered current practice, barriers, facilitators of knowledge and confidence, resources and examples of good practice.



62 staff interviews completed

The findings and 6 recommendations will inform the next stages of work to build capacity of those who support adults living with learning disabilities.

This will contribute to achieving the requirements of both national and local sexual health strategies and the Scottish Governments Keys to Life: Unlocking Futures for People with Learning Disabilities Implementation framework and priorities.

Programme of Staff Briefings

Working in collaboration with our clinical team and public health, we have provided virtual staff briefings sessions to support staff working with vulnerable adults. These sessions were developed to provide updates on key sexual health and BBV information, continuing to build and strengthen sexual health pathways.

Free Condoms

The Free Condoms Service is a public health intervention contributing to Sandyford's key outcomes of reducing the transmission of HIV and STIs and reducing unintended pregnancy. It is a universal service available to individuals aged over 13 years, aimed at increasing the availability of condoms, removing barriers to access and normalising condom use.

There are 551 outlets in a variety of locations where the public can easily access free condoms and lubricant, including pharmacies, health clinics, student accommodation, bars/clubs and partner agencies. During the period 2021-22, 253 of those placed orders.

In response to COVID-19 we have continued to deliver our temporary postal service allowing the public to order from the Free Condoms website directly to their home.

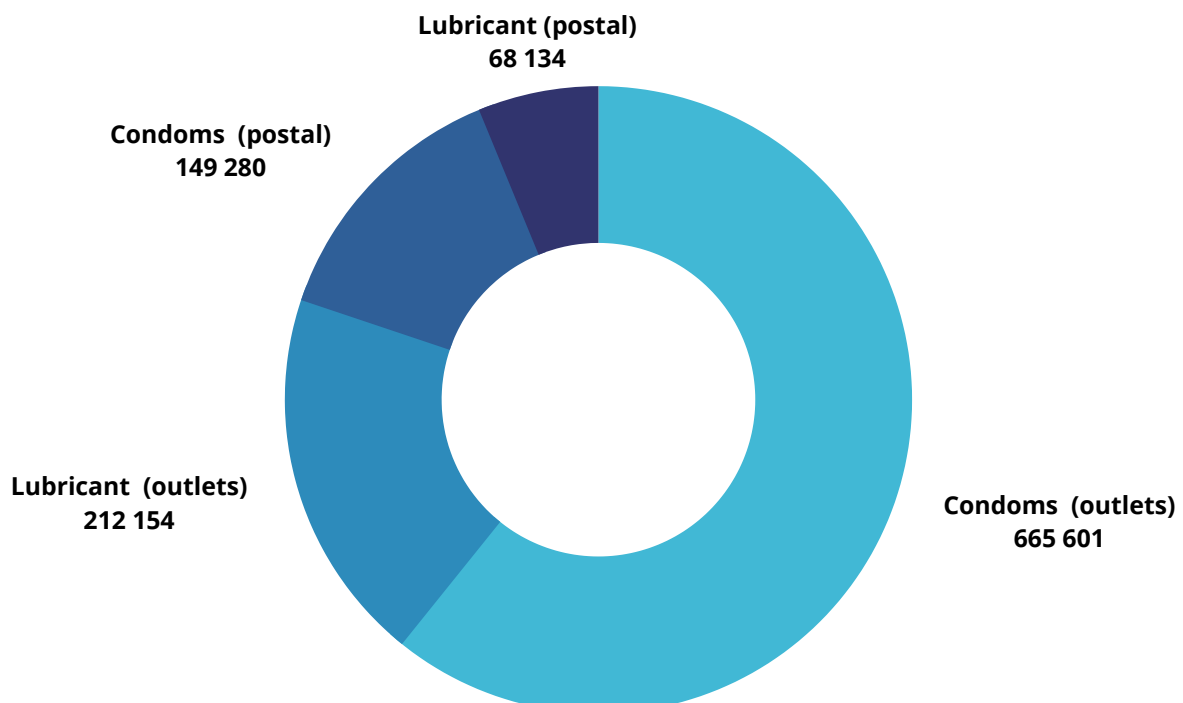


6066 home orders placed between April '21 - March '22

As we develop our post Covid-19 recovery plan, we have focused on service developments to help us reconnect with, and support new and existing distribution outlets. A full review of registered outlets is currently underway to identify gaps in provision and we are in the process of implementing a new online sign up and refresher training for distribution outlets.

We have also updated our website freecondoms.scot to provide a comprehensive and interactive resource for both outlets and the public.

Number of units ordered April '21 - March '22 with breakdown by postal service and all other outlets.



Health Improvement Team Sexual Health Annual Report 2021 - 22

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