

Improving Sexual & Reproductive Health for Young People in Barking and Dagenham

July 2009

This new newsletter will aim to keep you informed about work happening in the borough around sexual health promotion and campaigns. Hopefully this newsletter will make it easier for you to get involved and also provide feedback, which is warmly welcomed.





MyBook

MyBook is a school leavers' diary, this year distributed to Year 11's in Barking and Dagenham. The book has been developed together with young people with lots of colourful illustrations, web links and advice on a whole range of health issues. The intention is that the book will be a stable resource for young people at an otherwise challenging point in their life.

MyBook recently won an award for Best Use of Illustration in the IPA Best of Health Awards and hopefully the book will be received in a similarly positive way by our local young people. Have you seen MyBook and would you like to give us some feedback?

Please contact Matilda von Sydow on:

matilda.von-sydow@bdpct.nhs.uk or phone **020 8532 6348**.



Best of Health

BAD Youth Forum

Since February a subgroup of BAD youth forum has been working together with the PCT on the issue of sexual health and teenage pregnancy, the result being a campaign with the message: "Unprotected sex comes as a package". Through an interesting leaflet shaped like a present and stunts where people can try an "unlucky dip" the young people in the forum highlight the real risks involved in having unprotected sex. If you would like to receive some "presents" or want more information about the project, please contact Lead Youth Worker Sally Allen-Clark on e-mail:

sally.allen-clark@lbbd.gov.uk.

Young People Friendly

The Young People Friendly logo continues to be the leading sexual health branding in Barking and Dagenham and the YPF, website the number one reference site for any sexual health query (www.youngpeoplefriendly.co.uk). However we recognise that there has to be a continuous effort on promotion of the brand in order to reach young people and give them confidence to use the services in place. This summer the YPF brand will be seen on lamp posts across the borough, on two big roadside billboards and also on postcards spread throughout the community. The designs take a humorous approach to sex, with pictures of animals "doing it" and with funny facts on the back of the card. By demystifying sex we hope the campaign can open up conversations, not just between young people but also between generations.

We are also preparing a revamp of the current YPF website and we aim to launch this in September/October. Would you like to comment on the YPF brand or do you have any suggestions on the functionality or look of the website, please contact Matilda von Sydow on: matilda.von-sydow@bdpct.nhs.uk or call **020 8532 6348**.



Chlamydia screening

Terrence Higgins Trust (THT) is currently running the Chlamydia screening programme on behalf of NHS Barking and Dagenham. The programme, called Young and Free, includes regular outreach work in the community, visits to schools and colleges in the area and THT also train local people in Chlamydia testing. In addition free testing kits are available from pharmacies and the THT website. If you would like more information about the outreach work in Barking and Dagenham or get trained on how to conduct a test, please contact THT outreach worker Rupal Patel on e-mail rupal.patel@tht.org.uk. You can get more information on the outreach schedule and Terrence Higgins Trust on www.tht.org.uk.

New C-card

The new condom distribution scheme was launched at the Town Show, making the access to condoms more convenient for both distributors and young people. Terrence Higgins Trust has a condom distributor based in the borough, working on training of staff and YPF accrediting sites. The new scheme has individually numbered cards, identifying the bearer. This means that once the young person is registered for the scheme the distributor only has to take down the number. If you would like more information about the c-card, existing distribution sites and to access training, please contact Barking and Dagenham condom distributor Elana Covshoff from THT on e-mail: elana.covshoff@tht.org.uk.

Sexual health information leaflets and material

Are you looking for leaflets for display or to use in a facilitated setting? Would you like to know more about specific educational resources, teachers' packs and guidance on a range of SRE areas? NHS Barking and Dagenham produce local material you can use and has access to some national material for free. We can also offer guidance on and signposting to a range of material produced by various organisations. At the moment we're developing an overview of resources and leaflets that will be distributed among a range of professionals working with young people as well as volunteer organisations. If you have a good experience with any resource or leaflet please contact us so we can share this with others. Contact Matilda von Sydow on e-mail: matilda.von-sydow@bdpct.nhs.uk or call **020 8532 6348**.



Useful contacts and websites:

www.youngpeoplefriendly.co.uk

Local sexual health signposting and advice

Sexwise: 0800 28 29 30

Free confidential advice line on sex, relationships and contraception for young people aged 18 or under.

www.ruthinking.co.uk

Young people's website on sex and relationships

www.fpa.org.uk

Sexual health information, advice and resources for all ages

www.brook.org.uk & Ask Brook: 0808 802 1234

Advice and information for young people on sex and relationships

NHS Direct: 0845 46 47 or www.nhsdirect.nhs.uk

Advice from the NHS

www.tht.org.uk

Sexual health information and information about local Chlamydia testing

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Barking and Dagenham Condom Distribution
Coordinator, Terrence Higgins Trust

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For more information visit:

www.youngpeoplefriendly.co.uk