NEW TEAM MEMBERS AT HEALTHY RESPECT
We have recently welcomed two new members to our team. Eleanor Eaton is our new administration assistant and Lisa Balfe has taken up a new Health Promotion role concentrating on RSHP in a Primary School setting. You can contact them at eleanor.eaton@nhslothian.scot.nhs.uk and lisa.balfe@nhslothian.scot.nhs.uk

NEW VACANCY - APPLY FOR THE ROLE OF CHAIR OF THE SCOTLAND COMMITTEE OF FSRH
An opportunity has arisen to apply for the role of chair of the Scotland Committee of FSRH. The Scotland Committee is one of the devolved nations committees of the Faculty of Sexual and Reproductive Healthcare (FSRH).

FOCUS ON NETWORKS

PRACTITIONER NETWORK EVENTS
HEALTHY RESPECT AND C:CARD – SERVICE REVIEW LOCAL NETWORK UPDATE SESSIONS
Earlier this year Healthy Respect and c:card reported on a review of young people’s services. You can read our full report www.healthyrespect.co.uk/NewsAndEvents/Pages/Service-Review-Report.aspx. Our usual Autumn practitioner event will this year be dedicated to sharing the key findings of the Review and discussing next steps. Instead of one big Lothian-wide event we plan to run smaller, local events.

A West Lothian event (for West Lothian-based partners) is planned for Thursday 27 September, 2.30-4.30pm, at Blackburn Partnership Centre, and an Edinburgh event (for Edinburgh-based partners) will take place on Thursday 4 October, 2.30-4.30pm, at the Methodist Church, Nicolson Square.
We hope to welcome partners who are involved in sexual health service delivery, education and wider young people’s services, with a focus on how we can build our partnership working to make our young people’s sexual health services as good as they can be.

An event for East and Midlothian will be planned for later in the year. For more information and to book a place please contact eleanor.eaton@nhslothian.scot.nhs.uk stating your name, organisation, contact details, and which event you would like to attend.
The evaluation of the Edinburgh Delivery Framework in secondary schools has been completed. This Framework brought together SHARE (Sexual Health and Relationship Education) MVP (Mentors in Violence Prevention) and PREP (Parenthood relationship education pack). Findings included:

- All teachers said they would continue using the Framework
- The Framework helped with progression of RSHP and reducing repetition but requires further streamlining for schools to deliver all sessions and to help reduce planning time for staff
- Raised the profile of the MVP programme
- Improved content and addressed gaps in RSHP education

For an electronic copy of the report, please contact eleanor.eaton@nhslothian.scot.nhs.uk

There is a lot of new content under the ‘Levels’ section on the website https://rshp.scot. Practitioners are encouraged to review this new content and feedback to Tasc via this website. The aim is for the resource to be live by August 2019.
FOCUS ON SERVICES

CHANGES TO YOUNG PEOPLE’S SEXUAL HEALTH AND EMOTIONAL WELLBEING SERVICES IN MIDLOTHIAN

From 1st October 2018, the sexual health service (otherwise known as the Healthy Respect + drop-in) currently offered at MYPAS (Tolbooth Hall) will move to the Croft St building, Dalkeith, in partnership with Midlothian Council Lifelong Learning and Employability staff. The services offered and the service delivery model (staff mix of NHS Lothian nurse and youth worker), will remain exactly the same. The Croft Street service will run on **Tuesday’s 4pm to 7.30pm and Friday at 1pm to 4pm** and offers a full clinical service.

In Penicuik, services are currently offered from the Stepping Stones premises. We have been aware for some time that there are a number of issues with the location of this HR+ service. We have sought on several occasions to find alternative, and more suitable, accommodation in Penicuik, unfortunately with no success. As a result, we have had to make the difficult decision to withdraw our service in Penicuik at this time. We will be revisiting the options for a service in Penicuik and will communicate any updates to this situation.

Healthy Respect in partnership with NHS Lothian school nursing service and Midlothian Council Lifelong Learning and Employability staff, offer a weekly sexual health drop-in service at Lasswade and Newbattle High Schools. The services offered at these drop-ins are not a full clinical service (like HR+ drop-ins) but offer free condoms, pregnancy testing, Postal Testing Kits (PTKs), someone to talk to about sexual health, relationships and emotional wellbeing.

If you wish to discuss any of these changes to our services offered in Midlothian, please contact yvonne.kerr@nhslothian.scot.nhs.uk in the first instance.

JUNCTION YOUTH ADVISORS

The Junction are recruiting new volunteers to join the Junction Youth Advisors (JYA’s). The offer is for young people age 14-21 interested in making a difference and want to have their voice heard.

This group of young people get together every month to talk about the issues that affect the lives of young people in the community, and how we can work together to make positive changes. There is a taster/ drop in session on Thursday 20th September between 5-7pm at The Junction. Contact asiak@the-junction.org for more information.

PERIOD POVERTY PROJECT – HEY GIRLS

Scotland-based Hey Girls https: www.heygirls.co.uk is a new social enterprise aiming to tackle period poverty in the UK on a ‘buy one and give one’ model. For every pack of sanitary products they sell they give a pack away to someone in need through connections with food banks, shelters and women’s organisations. The Scottish Government have funded Hey Girls to distribute free boxes of sanitary pads to all schools to make available in school toilets and/or distribute to young people who need them. Hey Girls are also working on educational resources to help down the stigma and taboo around periods, and have already produced a downloadable leaflet which is available here:

FOCUS ON RESEARCH/CONSULTATIONS

INVITATION TO PARTICIPATE IN SRH-BBV RESEARCH ACTIVITIES IN SCOTLAND SURVEY

The overall aim of the SHBBV Research and Engagement Research Project is to support the Scottish Sexual Health and Blood Borne Virus Framework 2015-2020 and to co-ordinate research across the Framework. A new e-newsletter from the project will launch this month. It will include recently published peer-reviewed articles, reports or commentary pieces relating to SHBBV in Scotland, what is trending on social media, round up of funding opportunities and a place for the SHBBV community to seek research support or to promote events and opportunities.

As part of this work, you are invited to participate in a scoping survey of research activities in Scotland relating to sexual and reproductive health (SRH) and blood born virus (BBV). This scoping exercise is commissioned by the Scottish Government and will inform the development of a research agenda for SRH and BBV in Scotland.

Please click on the link to access the online survey: https://edinburgh.onlinesurveys.ac.uk/shbbv-research-activities-in-scotland. For more information and to be added to the mailing list for the e-newsletter contact eric.chen@nhslothian.scot.nhs.uk

SOCIAL MEDIA, SRE AND SENSIBLE DRINKING: UNDERSTANDING THE DRAMATIC DECLINE IN TEENAGE PREGNANCY

A new report from the British Pregnancy Advisory Service (bpas) explores the factors which may have contributed to the sharp decline in teenage pregnancy rates over the last decade, including changes in teenage lifestyles and outlook as well as young people’s experience of SRE and use of contraception.

www.bpas.org/media/3037/bpas-teenage-pregnancy-report.pdf

BMJ SEXUAL & REPRODUCTIVE HEALTH JOURNAL ARTICLES - HTTPS://SRH.BMJ.COM/

Initiating intramuscular depot medroxyprogesterone acetate 24–48 hours after mifepristone administration does not affect success of early medical abortion

https://srh.bmj.com/content/early/2018/07/26/bmjshr-2017-101928

Social media and advertising natural contraception to young women: the case for clarity and transparency with reference to the example of ‘Natural Cycles’

https://srh.bmj.com/content/early/2018/07/21/bmjshr-2018-200110

Contraceptive method use among women and its association with age, relationship status and duration: findings from the third British National Survey of Sexual Attitudes and Lifestyles (NatSal-3)

https://srh.bmj.com/content/44/3/165

SCOTTISH INTERDISCIPLINARY RESEARCH IN SEXUAL HEALTH NETWORK (IRESH)

This network aims to promote national sexual health research, facilitating partnerships and promoting dissemination of research in this field. To join the network email julie.riddell@glasgow.ac.uk

www.iresh.org.uk
**TRAINING OPPORTUNITIES**

For details of training and development around young people’s sexual health and wellbeing topics in Lothian visit healthyrespect.co.uk/Professionals/TrainingAndDevelopment. If you would like to publicise your training in this section please contact leanne.rockingham@nhslothian.scot.nhs.uk.

**YOUNG PEOPLE’S SEXUAL HEALTH TRAINING PROGRAMME**

Our Young People’s Sexual Health training programme has been launched this year, delivered in partnership with LGBT Youth Scotland, The Junction health & wellbeing project and the Co-ordinator for the Mentors in Violence Prevention programme from the City of Edinburgh Council.

**FUTURE DATES**

*Please note, it is currently mandatory to attend the CORE course prior to attending the other training detailed below:*

It was fantastic to have such a wide range of partners from schools, local authorities, health and third sector organisations at our Young People’s Sexual Health CORE training day at the beginning of this month. This was delivered in partnership with the Junction health & wellbeing project.

**DATES FOR THE REST OF 2018 ARE:**

**Young People's Sexual Health - CORE,**
Wednesday 8th November 2018 (Closing date Friday 21st September, successful places advised week beginning 24th September)

**Young People's Sexual Health - Learning & Teaching**
Wednesday 21st November 2018 (Closing date Friday 5th October, successful places advised week beginning 8th October)

**Young People's Sexual Health - Learning Disability/ASN**
Tuesday 25th September *** there are still several places available for this course please contact Louise direct for this on louise.queen@nhslothian.scot.nhs.uk ***
Tuesday 4th December 2018

Bookings go live 6 months before each training date on the following link http://www.nhslothianhpstraining.com/TrainingProgrammes.aspx?ProviderId=4 to book on.

Any queries please email: HealthyRespectTraining@nhslothian.scot.nhs.uk or phone 0131 536 5191

---

**C:CARD TRAINING DATES 2018**

To book, the c:card co-ordinator for your c:card point can contact nhslothianccard@nhslothian.scot.nhs.uk

Please make sure you book staff or volunteers onto the correct training session. All of the below will be running at Leith Community Education Centre who continue to provide excellent facilities free of charge to support c:card.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 19th</td>
<td>9.15am - 3.30pm direct: 9.15am - 12pm</td>
</tr>
<tr>
<td>November 7th</td>
<td>9.15am - 3.30pm direct: 9.15am - 12pm</td>
</tr>
<tr>
<td>December 7th</td>
<td>9.15am - 3.30pm direct: 9.15am - 12pm</td>
</tr>
</tbody>
</table>
Twenty-five sexual and reproductive health training sessions are offered by NHS Lothian from September to December 2018. The programme provides a range of opportunities for practitioners to come together and share best practice. There are a breadth of courses available which are suitable for staff and volunteers working across a variety of sectors in education, community, primary care and specialist sexual health service settings. The training programme can be accessed at www.lothiansexualhealth.scot.nhs.uk/Professionals/TrainingAndDevelopment/profupdate/Pages/default.aspx

**OTHER WEBSITES WITH TRAINING LINKS**

**Scottish Child Law Centre**  
Helpful courses around child protection and best practice. [www.sclc.org.uk](http://www.sclc.org.uk) or call 0131 667 6333.

**Brook**  
Lots of great resources and training opportunities—visit [www.brook.org.uk](http://www.brook.org.uk)

If you know of others who may wish to receive this e-newsletter, would like to be removed from the mailing list or wish to provide feedback on its content, please email [leanne.rockingham@nhslothian.scot.nhs.uk](mailto:leanne.rockingham@nhslothian.scot.nhs.uk).