



Sefton Sexual Health

Volume 1, Issue 1

January 2021

INSIDE THIS ISSUE:

The story so far	1
Meet the team	2
Matron says	2
Social media and campaigns	2
Sefton Psychosexual therapy	3
Partnership working	3
HIV week	3
New Year's resolutions	4
Congratulations	4

The story so far

Welcome to the Sefton Sexual Health Service newsletter. We are pleased to launch this new communication and thank all those who have kindly contributed to our first edition. We will be using this publication to highlight not only information in the field of community sexual health but also putting the spotlight on many other Sefton health, education & community organisations. Sefton Sexual Health is commissioned by Sefton Council's Public Health Dept. We have operated in Sefton for over 10 years and we sit within the Southport & Ormskirk Hospital NHS Trust. We provide STI testing and treatment, contraception, HIV services, sexual health promotion & training, psychosexual therapy and clinical outreach. Our service vision is to provide a high quality, fully integrated and holistic sexual health service that is accessible and meets the needs of our local community. The team is made up of both clinical staff (consultants, doctors, nurses, psychosexual therapist, health care assistants) and administration staff (receptionists, sexual health promotion). We

have always maintained our service with a mix of walk-in and appointment led clinics but since last we year have done things a little differently. As with many NHS services we have worked very hard to continue to provide a service to our community of Sefton but consultations are now by telephone and where necessary patients are invited to attend clinic for procedures or treatment whilst we adhere to COVID-19 safe clinical standards. We have clinic Hubs at Southport Centre for Health & Wellbeing and at St Hugh's House in Bootle. Our previous locations in Bootle were the May Logan Centre & Bootle Health Centre and we relocated to St Hugh's to a fantastic purpose built clinical suite in 2019. As well as having a wealth of knowledge and experience in our clinical team we are also fortunate enough to have a health promotion team which is relatively unique for a sexual health service who operate throughout Sefton providing training and education on all aspects of Relationships & Sex Education.



On-Line Testing

On-line testing in Sefton is changing. We are proposing to run a six month pilot with an external provider. This will include testing chlamydia , gonorrhoea, HIV & Syphilis. This will result in changes to how you currently screen in general practice. Details will be sent out to practices in the next few weeks.



INTEGRATED SEXUAL HEALTH IN SEFTON



Meet the team



- Wendy Hicks Matron
- Lynne Hindle Service Manager
- Dr Parag Pandit Clinical Lead
- Nicola Murphy Outreach & safeguarding Lead
- Sue Brennan Administration Manager

Health Advisors

- Lesley Harrison
- Eileen Cockwill

HP Team

- Liz Kay Health Promotion Lead
- Trish Delves
- Deirdre Kinsella

- Ann Morris

Admin Team

- Janette Hastings
- Jane Cartwright

St Hugh's Clinic

- Marie Wallace Team Leader
- Dianne Gill
- Chris Donnell
- Angela McGee
- Steve Kinrade
- Naomi Davis
- Katie Davies
- Fran Gill (Outreach)
- Kim Young
- Karen Raistrick
- Celia Lopez



Southport Centre for Health and wellbeing Clinic

- Cindy Hewitt Team Leader
- Dr Alison Trevor
- Lynne Kofi
- Lisa Wallbank
- Gill Thorpe
- Jerry Hayes
- Dawn Killeen
- Jacqui Mawdsley (Outreach)
- Andi Stoddart
- Linda Thistlethwaite
- Sarah Johnston
- Stephen Hibbert
- Diane Parry
- Carole Hodgson
- Charlotte Davies
- Rebecca Lewis

Matron Says...

Happy New Year!

2020 was a very challenging year for our team due to the COVID 19 pandemic. I am very proud of how our team have risen to the challenge. They have supported the acute Trust in delivering front-line services including; critical care, COVID testing, supporting in-patients' families to maintain contact with their relatives through Zoom calls and now vaccinations.

They have managed this while also maintaining a sexual health service that delivered above expectation access at all times. They quickly

took on new ways of working to ensure that our patients were seen efficiently in a safe and friendly environment. They have been well received by patients.

We look forward to introducing an increased digital offer going into 2021 including postal medication and enhanced online testing.

To help us continue delivering COVID safe services please ask all patients to call or check our website before attending.



Social Media and HP Campaigns

Try as you might there is no escaping social media., and taking a social media detox is one of the recommendations now suggested as part of a healthy lifestyle. So why would the NHS adopt a social media platform? Although the use of social media in the NHS is still in its infancy the use of various platforms is growing and most NHS Trusts will now have a social media policy. Guidance on how services should conduct themselves on line is a must for preventing services & Trusts being subject to bad press. Although we are still quite

new to the world of social media we are starting to make use of our platforms to deliver targeted health messages, share information and resources from other services and communicating any service changes we may make from time to time. Amongst other posts last year we used the profile of the reality TV programme Love Island to deliver relationships messages and created a sexual health version of 12 days of Xmas. A review of the activity data identified that we managed to

reach over 17,000 profiles with some of our posts. So if your service, practice, school or organisation also has a platform please do follow us.



Sefton Psychosexual Therapy service

I was so very pleased to be asked to write something on behalf of the Sefton Psychosexual service, a service that I am immensely proud of, for this first edition of the Sefton Sexual Health bulletin. I would like to begin by introducing myself my name is LAURA GLASCOTT and I have been the Psychosexual Therapist for Sefton since December 2017.

2020 took us all by surprise and as with other services Psychosexual Therapy was also affected and face to face appointments ceased, however we have adapted to a new COVID safe way of working, successfully implementing therapy online via 'Attend Anywhere' and although this is not the preferred option for many it is allowing us to continue to work with clients towards positive outcomes. As we enter 2021 I am hopeful with the new vaccine that face to face therapy appointments will recommence in the near future and going forward we will use the skills and knowledge learned from this experience and look towards the

delivery of a more blended approach that suits our clients.

Sefton Psychosexual Therapy Service sits within the Sefton Sexual Health, and the Psychosexual hub is at Southport Hospital with a satellite service in South Sefton at St Hugh's House Bootle. We are a specialist service that works with individuals and couples to address problems with sexual functioning, relationship issues as well as concerns regarding gender, sexuality, sexual orientation and lifestyle.

Psychosexual therapy is a process of using a number of different psychological and/or physical approaches to help clients with sexual and relationship problems. For example, erectile disorders, ejaculation disorders, orgasmic disorders, genito-pelvic pain penetration disorder and many more. Clients are routinely offered 10 appointments lasting 50 minutes in duration. They involve a full psychosexual assessment resulting in a collaborative formulation and

treatment plan to help enable the clients to work towards their own specified therapeutic goals. Referrals are accepted from GPs, primary and secondary healthcare practitioners, mental health services, social care and a variety of other agencies. Referrals are made directly to the service by completion of the service referral form accessible from: seftonsexualhealth.nhs.uk. For further information or to request bespoke training please contact me on 01704 704492



Local Services: We are with you

Hi my name is Sophia, I am a Young Persons worker for We Are With You. We Are With You is a charity that offers free, confidential support to young people in Sefton who would like support with their drug and/or alcohol use.

I work with young people aged 10-18, visiting each young person in school, college, at home or in the community. Currently due to COVID we have been working remotely, having our 1:1 sessions over the phone or video call. We talk about

their drug and/or alcohol use and work together to help them achieve their goals, whether it to be advice to safer use, reducing their use or stopping completely!

We Are With You also go into different schools, colleges, homes and community hubs delivering awareness sessions on drugs and alcohol.

We also run our social media pages on Instagram, Facebook and Twitter. On here we share information and helpful resources on substances,

staying safe, harm reduction, self-care and any events happening in our service and community! Our team love meeting new people and helping young people work on their goals and make positive changes! Our number is 0151-318-2804

Instagram: @wearewithyousefton
Facebook: www.facebook.com/WeAreWithYouSeftonStars
Twitter - @wseftonstars



HIV Week 2021 - Taking HIV out of the shadows of COVID-19

HIV testing week is the national campaign promoting testing awareness across the UK by Public Health England. Although it usually takes place in November as the run up to World Aids Day, as a result of COVID-19 it was moved to 1st February. This year's theme is [Give HIV the Finger](#) which, having been a successful campaign in 2019, is being revisited to promote home testing especially as we embark on yet another COVID-19 lockdown. Although sexual health services have continued to operate throughout the previous challenging 12 months, it is now

even more vital than ever that people are aware of their HIV status specifically in a bid to manage their own health and wellbeing as best they can. With home testing the individual has the option of purchasing a discrete kit to be sent to their chosen address but there is of course, still the option of attending a sexual health service or having a test done in GP surgeries. A lot of progress has been made in the fight to beat HIV but there still remains the challenge of late diagnoses. Public Health England figures show 42% of HIV diagnoses in 2019 were at a late

stage. The earlier a positive test result is identified the better the health outcome of the individual. Although Sefton has a much lower prevalence of HIV than its neighbouring areas the rates of testing are below the national average. This HIV Week think about what you can do to help reduce late diagnosis and open up the conversation with your patients' and service users about the issue of HIV.

For more information on visit www.hivpreventionengland.org.uk



Southport and Ormskirk Hospital
NHS Trust
Southport & Formby
District General Hospital
Town Lane
Southport PR8 6PN

TEL:- 01695 656550

SEFTON SEXUAL
HEALTH

www.seftonsexualhealth.nhs.uk

Want to contribute to this
newsletter? Please let us
have your article (250
word max) by 31st March
2020!

New Year's resolutions for better sexual health

- As another New Year commences many people will be having a renewed focus on their health as they make resolutions to drink less alcohol, eat more healthily and to exercise more. Living through the pandemic has made a lot of us examine the state of our own physical health, and become much more aware of our mental health and well-being, which we know are just as important and vital to maintaining good health. How many of us appreciate that our (romantic) relationships are intrinsic to this sense of well-being too and in turn are key to enjoying good sexual health?
- Good sexual health is one that has no fear and is consensual. Good sexual health should be fun and mutually respectful. Once these vital ingredients are there, then the ability to make choices and decisions on the physical aspects of sex are easier. Confidence to discuss condoms and using them properly, knowing when is a good time to have an STI screen, confidence to contact your sexual health service for contraception, knowing your HIV status, women keeping up to date with their cervical smear and being creative with your partner all help to keep your physical sexual health in check.
- So what's the payback? Well, we know that having sex regularly is healthy, and studies show it is good for your mental and physical health. Sex is a good form of physical exercise, as well as good for your romantic relationship. Having sex regularly lowers blood pressure, releases stress and improves sleep. It also improves your mood by releasing endorphins and increases libido. So what are our Sexual Health New year resolutions for 2021?
- **Get creative and try new things!** The pandemic and social distancing has meant that sexually active people who are single have had to explore self care in self love. A little more fantasy and the revisiting of telephone sex!
- **Be more affectionate.** Kisses and hugs to say hello and good-bye, cuddling up on the sofa to watch TV, or holding hands while on a walk are so easy to do, and mean so much. Be generous with loving touch and watch your partner glow.
- **Get tested.** Most STIs are asymptomatic meaning you could have them (and be passing them on) but have no idea. Untreated STIs can cause long term health and fertility problems. It's so easy to order a screening test online now just for peace of mind.
- **Lube Up .** Whether alone or with a partner, we find ourselves in need of some lube. It can instantly add a new dimension to sex and make condom use so much more comfortable. A small drop can make all the difference Make sure to use a water based lubricant so you don't damage your condoms.

Congratulations

We are proud to announce the appointment in December of General Training Programme Director (GTPD) for Faculty of Sexual & Reproductive Health (FSRH) to one of our very own Lead Nurses, Marie Wallace. The role means Marie will coordinate the training, nationally, for the Diploma and Letters of Competence in IUT/SDI FSRH qualifications. The GTPD is the Lead for Faculty Registered Trainers within a Programme and they ensure governance with respect to the Faculty Registered Trainers. A GTPD also acts as a resource for those undertaking training to support them. GTPD's are expected to promote FSRH training across all relevant specialities and are encouraged to network with GP Training Groups to support the training of GP Registrars and recruitment of GP trainers as FRT's. Marie said " The importance of the Nurses role within FSRH has become more prominent within the last few years with the Faculty first allowing nurses to become Nurse Diplomates and then Faculty Registered Trainers. In 2014 I became

the first Nurse in the UK to become a FRT. Prior to this, traditionally only Doctors had been able to undertake this role. Since then I have been involved with the FSRH in various aspects. This has included taking part in the National Consultation process for the FSRH and being part of the team who completed the standard setting for the Electronic Assessment Knowledge Exam (EKA) which was an essential entry criteria for the Sexual Health Diploma. I have been involved in facilitating many Diploma 'Course of 5' events and have had the pleasure of putting our own nurses through the FSRH Nurse Diploma route in 2015/2016. I completed Special Skills in Ultrasound Scanning which has helped support my role. I am proud of my new role and see the role of GTPD as an exciting opportunity to help develop skills and delivery of Sexual Health Services throughout Sefton".



FSRH

The Faculty of Sexual & Reproductive
Healthcare of the Royal College
of Obstetricians & Gynaecologists

