



Newsbites

December 2010

Hampshire Teenage Pregnancy Partnership, Eastleigh Community Enterprise Centre, Unit 3, Barton Park, Eastleigh SO50 6RR, tel. 023 8061 4179/5723, fax. 023 8061 4191, email teenagepregnancy@hants.gov.uk.

Provisional Under 18 conception data for 2009

The Q3 2009 teenage conception data was released by ONS on 23rd November. In Q1, 2 & 3 2009 Hampshire had 496 conceptions compared to 628 in same Qs in 2008 which is a decrease of 132 conceptions. Q4 data will be released at the end of February 2011 but we can now forecast that there will be a further reduction. A much better picture than last year!

Christmas Campaign 2010

National and local data reveal that there is a higher incidence of teenage conceptions at this time of year – we would like to reverse this trend!

As I am sure you are aware, there are a number of key factors influencing this trend including, the potential for more parties and increased alcohol consumption, affecting decision making both around sexual activity and contraception and condom use.

It is also a time when services have different (and sometimes) restricted opening hours so it is really important that we ensure young people access the advice and services that they need so here is how you can help

1. If you currently offer a drop-in service to young people make sure you advertise opening times over Christmas and the New Year and alert teenagepregnancy@hants.gov.uk to any changes to the times currently advertised on www.getiton.nhs.uk
2. Spread the word to young people about www.getiton.nhs.uk and the importance of checking opening times and where necessary ringing the service to check they are open. This is particularly important when it comes to pharmacists and free emergency contraception – REMEMBER it is the pharmacist NOT pharmacy that can give out EHC so always check the pharmacist is there who can give out EHC free of charge.
3. Look for opportunities to undertake work with young people around the added risks associated with this time of year. A letter has been sent to all secondary schools and colleges asking them to undertake work prior to the end of term. The following information has been sent and is also available to download in powerpoint format from the practitioners page of www.getiton.nhs.uk

Remember not everyone under the age of 16 is having sex – in fact the majority are not. You should only have sex when you are ready – no one has the right to put you under pressure to have sex.

Top Tips to share:

If you are thinking about having sex, you need to talk to someone about protecting yourself from pregnancy and infection. Use a condom to protect yourself against STIs and choose and use an effective method of contraception to protect yourself against unplanned pregnancy.

Condoms and contraception are available FREE OF CHARGE to young people so take the time to find out where you can get these locally.

Take the opportunity to talk to someone you trust before you have sex particularly if this will be your first time.

Remember drinking alcohol or using drugs affects your decision making whatever your age.

Emergency hormonal contraception is available if you have had unprotected sex or the condom split. It is most effective (up to 95%) when taken within the first 24 hours. Some pharmacies and all contraception and sexual health clinics offer it free of charge.

Up to date information on where you can get information, advice, condoms, contraception and emergency contraception is available on www.getiton.nhs.uk . Remember opening times for these services will be different over Christmas and New Year so check out the website or phone first.

Feedback from GET IT ON update sessions

We have one final update session to go on 13th December in Basingstoke. Eight sessions have run to date with varying levels of attendance. There were some similar comments made and observations, including:

- Many agencies / venues are still using the old publicity for the GIO website and GIO condom scheme. Please ensure that you have the most up to date.
- Practitioners who have undertaken GIO training and therefore can assess Fraser competency can issue the GIO card – if you have questions about this please make contact with the TP office.
- Many practitioners wanted to know which schools have accessed the condoms for schools scheme – this information is held on a database at the teenage pregnancy office.

REMINDERS:

Everyone who has undertaken GIO training and is on the distribution database will be emailed the updated GET IT ON Guidance and also the new monitoring form. Remember monitoring forms must be returned at the end of every **December, March, June** and **September** to enable accurate data on distribution to be collated and reported.

Myths and Misconceptions

Andover school students, parents and the wider community had the opportunity to view an innovative and exciting drama production at The Lights in Andover. The partnership project between Test Valley Borough Council, Health, Education and Vita Nova produced some inspirational pieces of theatre. The young people set out to dispel some of the myths and misconceptions that surround youth culture on hot topics such as alcohol, drugs, relationships, sex, teenage pregnancy and parenthood. The students had the opportunity to ask questions of those performing including a young parents peer education project, the young parents responded enthusiastically to a range of questions from the audience. The Andover young mums group has been participating in the peer education project during 2010 with the aim of delivering sessions into schools and community projects. Having completed an AQA accredited preparing to volunteer course through Andover Family Learning the young mum's spent 8 weeks with a sexual health promotion nurse covering areas such as confidentiality, consent, contraception, sexually transmitted infections and managing relationships. The myths and misconceptions drama was the highlight of the project and successfully raised the profile of the peer education project. In conjunction with Test Valley Borough Council and Education the young mum's will be contributing to a myths and misconceptions teaching pack and DVD. This pack will support the young mum's to contribute to the PSHE curriculum in local schools. The young mum's are very excited and positive about the opportunity to develop their confidence, learn new skills and participate in the sex and relationships education of local young people.



For further information or to develop something similar in your area please contact Sue Gilbert.
Susan.gilbert@nhs.uk

Referral pathways for those working with pregnant young women or young parents to be

These pathways are district based and can be downloading from the practitioners page on www.getiton.nhs.uk

If you have any changes or updates for the flowcharts please email teenagepregnancy@hants.gov.uk

Pregnancy Testing

For staff who are trained to support young women to carry out pregnancy tests, please note that you must now order additional supplies from Aldershot Resource Library. You can do this online at www.healthresources.hantspct.nhs.uk or email resource@farn.nm-ha.nhs.uk If you need to call the resource library their telephone number is 01252 335133

SRE Training vacancies

We have vacancies on the following courses;

SRE Universal 1 (Tier 1) Training, 20th January 2011 in Havant

SRE Universal 1 (Tier 1) Training, 1st February 2011 in Winchester

SRE Universal 1 (Tier 1) Training, (Bespoke evening course), 2nd March 2011 in Winchester

In order to apply for a Universal 2 course, you **must** have completed a Universal 1 course.

SRE Universal 2 (Tier 2) Training, 13th January 2011 in Andover

SRE Universal 2 (Tier 2) Training, 21st February 2011 in Winchester

SRE Universal 2 (Tier 2) Training, 22nd February 2011 in Havant

SRE Universal 2 (Tier 2) Training, 28th March 2011 in Winchester

Once you have completed a Universal 2 course you may also like to book onto Get It On training and Pregnancy Testing training.

Dates available for Get It On training are; 18th and 22nd March 2011

Dates available for Pregnancy testing training are; 18th and 22nd March 2011

Full details of all these courses are available on the learning zone website. Please follow link to <http://www3.hants.gov.uk/learningzone> and either search SRE or look under Children's Services, Core training and skills development for all SRE training dates. Alternately please email cs.nominations@hants.gov.uk