

Welcome to the eleventh edition of *DASH!*

This edition focuses on:

- Brook Northern Ireland's award for its work placement project and the new Brook clinic at Ballysillan
- the new leaflet by the BHSCT on sexual health services for young people in the Belfast area
- the Education and Training Inspectorate report on relationships and sexuality education in post-primary schools.

In our regular feature, Horizons, John O'Doherty discusses his role as Director of the Rainbow Project.

FPA is contracted by the Belfast Health and Social Care Trust (BHSCT) to write and produce *DASH*. Showcase your project, publicise an event or comment on this edition by contacting the editor, Grace Keery, on tel: 028 90 316116 or email: graceg@fpa.org.uk.

Brook Innovation Award

Brook Northern Ireland was awarded Brook Innovation of the Year at the Brook Awards 2011 for its work placement project. The award was presented at the Young People's Sexual Health Charity Annual Awards in London, celebrating the outstanding work professionals are doing with young people to improve lives all over the UK.

For 19 years Brook Northern Ireland has given young people the opportunity to develop and enhance their skills by providing well supported work placements. It has worked in close partnership with a number of organisations to offer work skill opportunities to school, university and voluntary sector young people. In particular Brook works with Include Youth, an organisation that works with vulnerable/marginalised young people, to offer long-term volunteering work placements. Young people are given the opportunity to develop administration and office skills as well as gaining confidence, self-esteem and experience in the working environment.

Many student placements have resulted in the young people returning to Brook to work as receptionists and outreach workers.

Brook Northern Ireland has also recently opened a new young person's clinic in North Belfast. Brook Benview is based at the Benview Community Centre, 80 Ballysillan Park, Belfast and is open on Wednesdays between 4.30pm and 6.30pm. The clinic provides the following services:

- emergency contraception
- contraception
- chlamydia testing
- pregnancy testing
- counselling service
- STI information.

To contact Brook Benview, call 028 90 719271. ■

Report of an evaluation of relationships and sexuality education in post-primary schools

In January this year, the Education and Training Inspectorate released a report summarising the findings of an evaluation of relationships and sexuality education (RSE) in post-primary schools. The report identified that progress had been made following the 2002 Inspectorate survey of the quality of health education which identified RSE as an area that gave teachers concern.

Despite recognising progress made in the development of the curricular provision for RSE, the report identified a number of areas that required further development to make sure that all pupils receive a balanced and broad programme. These included staff training on embedding RSE within and across the curriculum and handling sensitive areas such as self harm, suicide, mental health issues and sexual orientation; and

developing more opportunities for pupils to contribute to the planning for RSE.

To view the findings and access the report in full see: www.etini.gov.uk/index/surveys-evaluations/surveys-evaluations-post-primary/surveys-evaluations-post-primary-2011/report-of-an-evaluation-of-relationships-and-sexuality-education-in-post-primary-schools-2.pdf ■

Sexual health services in the BHSCT area – a leaflet

BHSCT has revised its sexual health leaflet which details the wide range of sexual health services available in the Belfast Trust area. It includes contact information for organisations that provide sexual health advice and services. The leaflet also provides brief information on STIs, contraception and emergency contraception.



The leaflet, *Sexual health services in the Belfast Health & Social Care Trust area*, is available to view online. See www.belfastsexualhealth.org/publications.php. It can be ordered by phoning 028 90 564928 and is available in English, Chinese and Polish. ■

Date for your diary

The 17th Annual Regional Sexual Health Conference for Northern Ireland will be taking place on Wednesday 16 November 2011 at Mossley Mill, New Mossley. The theme for this year's conference is young people. For further information contact the BHSCT Sexual Health Team, tel: 028 90 900051 or email shealth.team@belfasttrust.hscni.net. ■

What can you tell us about your role?

As Director I have responsibility for managing the day-to-day running of the project, which currently has ten full-time and one part-time member of staff. My role is interesting and challenging because I am involved in all aspects of work including advocacy, sexual health, mental health and policy and research. No two days are the same. At 27 years of age this job is an excellent opportunity for me to develop new skills and expand my knowledge.

What do you think are the key challenges for you?

One of the key challenges is managing my time. It is very easy to become overwhelmed with the amount of work, the different work areas and how this should be prioritised. From time to time I take work home with me but this can result in problems in maintaining a work-life balance. Others in similar roles will understand that every issue feels like a priority and taking holidays can feel like you are letting the project down. At Rainbow we promote positive mental health for not only our service users but also our staff. I am managed by a board of directors who regularly monitor

John O'Doherty

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my workload and make sure that I am accessing external support and taking time off.

What do you enjoy most about working in the sexual health field?

Sexual health is an issue that affects us all at some point in our life. What I enjoy most is promoting positive sexual health and wellbeing because it impacts on more than just a person's sexual and reproductive health. When we are comfortable about how we approach and view sex we can explore what it is we want from our sex lives. Having a healthy sex life and approach to sexuality allows us to be more confident in forming relationships. Forming better relationships results in better physical and mental health and wellbeing. Being able to support people through this personal development and seeing the impact it has on their lives is a great reward for the work we do.

What would be your message to others working in sexual health?

The message I would give to others would be taken from my personal learning. My experience during my time with Rainbow has shown that there are many barriers for people accessing sexual health services. It is only when we recognise these barriers and actively work to address them can we make sure that we are providing the support necessary for all. A sex positive environment which recognises the importance of each person's sexuality will support people in owning their decisions and in helping them form healthy relationships.

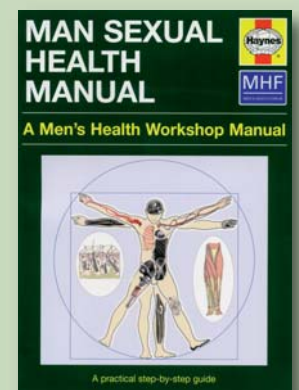
How do you relax in your spare time?

My partner of two years and I like to go to the cinema, walk our dog or spend time with friends. I personally am a big fan of the theatre, particularly musicals, so I love going to the theatre here or abroad to see new shows. I used to be involved in QUIRE (Belfast LGBT singers) and I still love to sing but rather than in an auditorium I have to make do with the shower. ■

The small print – things you might not have noticed

Man sexual health manual

Adding to the comprehensive Haynes' mini manual series, *Man sexual health manual* is a new resource around common male sexual health issues. The Men's Health Forum has collaborated with FPA and the International Planned Parenthood Federation to create chapters on contraception, sexually transmitted infections, erectile dysfunction, premature ejaculation, testicular and prostate cancer, and enlarged prostate. The unique Haynes' style makes this a readable and comprehensive manual, and provides signposting to further information throughout. For more details visit www.menshealthforum.org.uk. ■



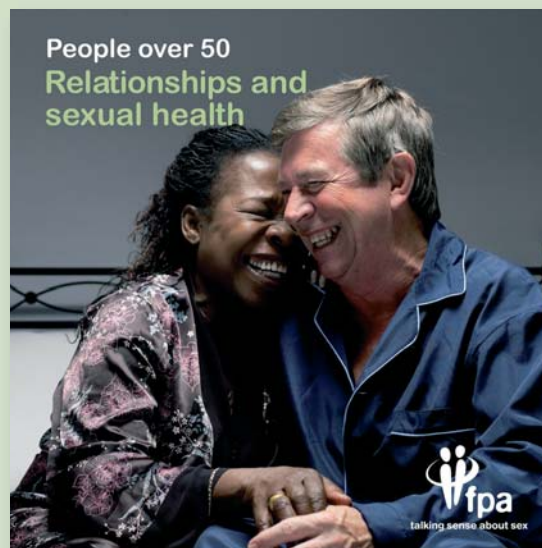
People over 50: relationships and sexual health

A new booklet from FPA for anyone over 50 who would like to find out more about:

- relationships (existing or new)
- looking after your sexual health
- health and sexual wellbeing
- help and advice.

It also covers the all important issue of sexually transmitted infections and how to help protect yourself, including practical information on how to use male and female condoms.

For a free copy email fpadirect@fpa.org.uk. Offer available while stocks last. ■



Clinic locations

Visit www.fpa.org.uk to find clinics in Northern Ireland.

Sexual and Reproductive Healthcare Clinic
5th Floor, 16 College Street, Belfast BT1 6BT
Tel: 028 90 821555
Mon, Tues and Thurs
10am–12.30pm; Weds and Fri 9am–1.30pm

Brook Northern Ireland
Belfast City Centre (Under 19s),
3rd floor, 9–13 Waring Street, Belfast BT1 2DX
Tel: 028 90 328866
Mon, Tues and Wed
2.30pm–5pm;
Thurs 5.30pm–8pm;
Fri 2pm–4.30pm;
Sat 1.30pm–4pm;
Sat (young men under 25)
4pm–5.30pm;
Sun 1.30pm–3pm

Brook Benview
Benview Community Centre, 80 Ballysillan Park, Belfast BT14 8HD
Tel: 028 90 719271
Weds 4.30pm–6.30pm

HYPE Team (under 25s)
5th Floor, 16 College Street, Belfast BT1 6BT
Tel: 028 90 821555
Tues 2.15pm–5pm

The Bradbury Centre
1–17 Lower Lisburn Road, Belfast BT9 7AA
Tel: 028 90 912111
Mon, Tues, Weds and Thurs
9am–11.30am; Tues
5pm–7pm; Weds 5pm–7pm

Carlisle Health and Wellbeing Centre
40 Antrim Road, Belfast BT15 2AX
Tel: 028 90 163758
Thurs 9am–11.30pm; Mon
and Thurs 1.45pm–4pm

Whiterock Clinic
6 Whiterock Grove, Belfast BT12 7RQ
Tel: 028 90 323153
Tues 9.30am–11.30am

Cupar Street Clinic
91 Cupar Street, Belfast BT13 2LJ
Tel: 028 90 327613
Thurs 1.45pm–4pm

Ballyowen Health Centre
179a Andersonstown Road, Belfast BT11 9EA
Tel: 028 90 610611
Mon, Weds and Fri
9am–11.30am;
Weds 1.45pm–4pm, and
5pm–7pm

Knockbreda Centre
110 Saintfield Road, Belfast BT8 6HD
Tel: 028 90 635150
1st and 3rd Tues
9am–11.30am;
Weds 9am–11.30am,
1.45pm–4pm and
4.45pm–6.45pm

Dundonald Health Centre
16 Church Road, Dundonald BT16 2LN
Tel: 028 90 534700
Thurs 9am–11.30am

Cherryvalley Health Centre
Kings Square, Belfast BT5 7EA
Tel: 028 90 798237
Tues 4.30pm–6.30pm

Hollywood Arches Health Centre
Westminster Avenue North, Belfast BT41 1QQ
Tel: 028 90 563218
Mon and Tues 1.45pm–4pm;
Weds 4.30pm–6.30pm;
Fri 9am–11.30am