Promoting positive informed and non-judgmental attitudes to sex and relationships
Our mission is to help establish a society in which everyone has positive, informed and non-judgmental attitudes to sex and relationships, where everyone can make informed choices about sex, relationships and reproduction so that they can enjoy sexual health free from prejudice or harm.

As an organisation we believe that:

- All people are sexual beings.
- Sexual health is important to individuals, relationships and societal wellbeing.
- Sexual behaviour should never result in exploitation, oppression, physical, emotional or psychological harm.
- Everyone should have access to accurate, high quality sexual health information, education and services.
- Everyone should be able to exercise his or her reproductive rights.
- Everyone should have the ability and responsibility to control their own sexual health.
- All sexualities should be respected and accepted.
- Self-esteem, confidence and communication skills are very important to healthy relationships.

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IPPF Declaration of sexual health rights

**fpa** is one of 150 member associations of the International Planned Parenthood Federation (IPPF), which is a global service provider and a leading advocate of sexual and reproductive health and rights for all. As a member, **fpa** supports IPPF’s Declaration of Sexual Health Rights which states that sexuality, and pleasure deriving from it, is a central aspect of being human whether or not a person chooses to reproduce. Sexuality is not merely a vehicle for individuals to satisfy their reproductive interests. The entitlement to experience sexuality should be safeguarded.
Having come into post in January 2008, I spent my first two months visiting our services across the UK and seeing our work first hand, many examples of which you can read about in this report.

As a society we often find it hard to talk about sex and relationships without embarrassment or innuendo but our relationships with one another are the backbone of our society and our work at fpa strives to remove embarrassment and stigma and support people to have fulfilling, healthy and responsible relationships.

During the year we undertook a strategic planning process, which resulted in the production of a comprehensive five year business plan. I value the expertise within fpa enormously so incorporating staff views through a strategy day was a crucial part of the process. Year one of our plan in 2009 will include launching a new visual identity as feedback has told us that the public no longer identifies with our brand.

We have spent much of 2008 considering how we can further improve our services and I’m delighted that many new approaches to reach people with our work have been identified. You can read more about how we intend to use new technologies as well as plans for new community projects and resources in this report.

As a leading sexual health charity the robustness of our information is critical, I was therefore delighted when independent evaluation of our helpline and contraception and sexually transmitted infection (STI) booklets found them to be valued very highly for their accuracy and accessibility by both healthcare professionals and the public.

2009 will be a challenging climate for all charities and it will be even more critical to ensure that the value of our work is understood. I will therefore be prioritising accountability within fpa – accountability to our service users, to our staff, to our funders and to our partners.

At the heart of all that we do is our belief in the importance of all people knowing the straightforward facts about sex and relationships and all people having the right to knowledge, choice and sexual wellbeing. That’s why we will continue to challenge stigma and myth and to speak out for the sexual health rights of everyone and in particular those who cannot speak out for themselves.

I hope you enjoy reading this report.

Warm wishes

Julie Bentley
Chief Executive fpa
Working with people and communities across England

We’re very proud to launch several groundbreaking new projects in England this year – reaching out to some of the most vulnerable groups of people and reacting to the different sexual health needs of an ever changing society.

Supporting homeless people
Sleepin’ Safe, Sexin’ Safe is our new partnership programme with Centrepoint. Twin projects in Durham and London running from Centrepoint hostels support the complex sexual health needs of homeless young people across the capital and the North East. The project aims to improve their knowledge of sexual health and access to health services. It has given vulnerable and disadvantaged young people the chance to gain a qualification as well as confidence to make positive decisions about their lives.

Courses for women in South London
In South London fpa ran specialist sexual health courses for minority ethnic women as part of the London Borough of Lambeth’s teenage pregnancy strategy. Over 100 women aged 16 and over attended free sexual health workshops.

fpa’s parents’ project goes corporate
Supporting parents, always a key aim of fpa, continues through our Speakeasy course. The course teaches parents and carers the skills and information to talk with their children about sex and relationships. Since 2002, over 10,000 parents/carers have completed Speakeasy in England. For the first time, we ran a very successful group for the corporate sector.

In 2008
180 young people attended courses

Feedback from young people, staff and other stakeholders has been nothing but positive. We’re looking forward to even more fun filled and educational activities.

Steve Scott
Centrepoint Service Lead

“I learnt the ways drugs and alcohol affect your mind leading to unprotected sex.”

Karl, 15

David Kesterton,
Project Manager
Speakeasy

Delivering Speakeasy at a lunchtime seminar for Man Group plc employees was a joy. It demonstrates how relevant and adaptable the programme is for any parenting group. Parents asked lots of questions and some approached me at the end for my opinion on a particular situation. They all took parents’ packs away with them at the end of a very productive day.

Sexual health workshop in Lambeth
Hackney Life Skills – tackling sexual health and gang crime in inner city London

In 2008
290 young people attended Life Skills.
56 Life Skills groups were run.

Speakeasy grows
Elsewhere, in Manchester and Birmingham, Speakeasy continues to flourish. Special networking events across the North gave Speakeasy facilitators the chance to come together and share their experiences and ideas around delivery of the programme.

Many areas have started running Speakeasy courses as part of the mainstream work they do with their communities. This is especially true where parent, children and family services in areas such as Shropshire, Bradford and Cornwall have fully integrated Speakeasy into the work they do with parents and children.

In 2008
Half of England’s local authority areas have staff who have been trained to run Speakeasy.
1,364 parents/carers and 232 professionals were accredited.
200 professionals were trained in Manchester.

Plans for 2009
- Launch Westminster Learning Disability project.
- Extend Speakeasy training to professionals across England.
- Roll out Sexability young people’s project in England and Wales.

Rob Challis, Global Head of Corporate Responsibility, Man Group plc

fpa workshops are always oversubscribed and among the most popular. The support, guidance and leadership at fpa have been invaluable.

Anastasia Morgan-Rose, Project Officer – Life Skills

Life Skills is based in Hackney, one of London’s most deprived boroughs. We help young people under 16 examine personal relationships and behaviour. We’ve reached young people from different social and minority ethnic backgrounds through lively sessions in schools and youth clubs. I work mainly with young men and women engaging in risky behaviour, or having difficulty managing conflict or their feelings. Certain issues come up a lot – such as knife crime, gang culture and peer pressure.

Anastasia Morgan-Rose, Project Officer – Life Skills

I learnt about health and how my body changes. I can be proud of what happens in my body.

Alisha, 12

Hackney Life Skills

FPA

In 2008
290 young people attended Life Skills.
56 Life Skills groups were run.

Plans for 2009
- Launch Westminster Learning Disability project.
- Extend Speakeasy training to professionals across England.
- Roll out Sexability young people’s project in England and Wales.
Our work in Scotland was strengthened during 2008. Drawing on our long experience of working in Scotland, fpa established the Scottish Advisory Committee, a dynamic body of professionals including Members of the Scottish Parliament (MSPs), senior health representatives and professionals from the NHS. The group meets twice a year to discuss sexual health issues, strategic approaches and ways of joint working.

Parent power – Speakeasy launches into Scotland

We were delighted to secure Big Lottery Funding to expand Speakeasy into Scotland. This means that for the first time our extremely successful course is available across the UK – this is a very exciting breakthrough.

“I’ve learnt that sex education is not only about sex, it is about health, safety and respect for others.”

Nicky, Speakeasy mum

Since we started in September 2008, the Speakeasy team has been busy promoting the course and fpa’s work across the central belt of Scotland and Tayside. It’s been very exciting establishing new networks with colleagues from the statutory and voluntary sectors.

Speakeasy has been incredibly well received. Overwhelming support from fellow professionals working in Scotland and an army of enthusiastic parents and carers have got us off to a flying start.

The environment of sexual health in Scotland is similar to the rest of the UK. We have areas of socio-economic need where there are high rates of teenage pregnancy and STIs. Our role as sex and relationships educators is to support parents and carers to gain information and confidence in order to become more approachable to their children as well as exploring their own attitudes to sex and relationships. It’s the drive and enthusiasm that parents and carers have for wanting to address this subject with their children which enables us to deliver the course within community environments.

Kristine Boyle, Project Manager – Speakeasy Scotland
Sexuality – empowering Scotland’s marginalised young people

fpa’s Sexability course is a flagship project for Scottish young people.
“2008 has been an incredible year for us. Just some of the groups we worked with included vulnerable looked after young people and under 18s with complex emotional and behavioural problems attending non-mainstream schools.

Because of the geography of Scotland, we target young people in rural and socially and economically deprived areas. Access to services and reliable information on sexual health and wellbeing is scarce in these places. To reach them we work in partnership with youth clubs, youth health drops-ins and training schemes.

For some young people, missing out on Sexability would mean they had no sex and relationships education whatsoever. The course is extremely popular.

One group in Alloa were really keen to take part in Sexability. The problem was that we couldn’t find a regular weekly time to suit them all. So instead of not doing it, they asked us to run a group for them during their Easter holiday break instead.

Sustainability is vital so we have also trained professionals to run the course including a group of youth workers from Youth Scotland and youth workers from the annual Youth Scotland conference.”

Rachel McAdams and Jennifer Lawson, Project Officers – Sexability

In 2008

- 300 young people attended Sexability courses.
- 33 professionals were trained to run the course.

“...I enjoyed that Jen and Rachel were not patronising and laughed with us and debated as much as we did.”
Craig, 18

“... I learned about different stereotypes of people and how it’s not fair.”
Lara, 16

Scottish Prison Project

fpa’s prison project helped to raise the confidence of prison staff so that they could deliver sexual health and relationship information to prisoners. The topics included coping skills, behaviour in relationships, gender stereotypes, assertiveness and self-esteem. This innovative programme was funded and supported by the Scottish Prison Service. We hope that the training for prison officers can be run across the UK.

Sexability exceeds its targets!

When Sexability started in 2007 it was funded to run courses for 680 young people over three years. As Sexability enters its last year, it has already trained 724 young people and has far exceeded its original targets.

Plans for 2009

- Run Sexability courses reaching 280 young people.
- Develop and deliver Speakeasy across Scotland.
- Highlight sexual health issues with MSPs.

How clear are you about sex and relationships?

Sexuality

Free workshops for 11–18 year olds in west and central Scotland.
Helping you to make positive choices about sex and relationships.
Country focus: Northern Ireland

Working with people and communities across Northern Ireland

Working in partnership with statutory, voluntary and community organisations, fpa in Northern Ireland is the leading provider of sexual health information and education in the country. We run a network of award winning projects across different communities, the only impartial and non-judgmental helpline and counselling service for women with an unplanned pregnancy in Northern Ireland, and a broad programme of innovative training courses for professionals.

We are also proud to be a leading member of a health and political coalition campaigning to secure women’s rights to abortion in Northern Ireland.

“This should be taught in school. I got pregnant at 14 ‘cause no-one told me about this stuff.”

Ciara, 14

Speakeasy back where it started

Speakeasy, the course for parents and carers, started off in Northern Ireland. After a break, this year it returned.

Roisin Flanagan explains, “Feedback from participants has been very positive with many parents and carers expressing appreciation for the project. While providing accurate sexual health information, it also supported and reassured parents.”

In 2008

150 parents/carers were trained by Speakeasy.

22 Speakeasy courses were run across the country.

Just Ask

“Just Ask is a sex and relationships education programme dedicated to people with learning disabilities and open to all ages. This year there’s been an exciting mix of working with groups, individuals, parents and carers, and delivering training. As part of this I delivered two workshops to a conference organised by the University of Strathclyde.

I work across many different venues including regional colleges, social service offices, community group premises and schools. One quote from a parent of a Just Ask participant stands out for me, ‘Why has this never been explained as simply before, it isn’t as scary as I thought?’ ”

Mark Breslin,
Project Officer – Learning Disabilities

In 2008

415 people attended Just Ask courses.

49 professionals were trained.

Choices and ‘Bout ‘Ye

“Choices and ‘Bout ‘Ye are personal development sexual health programmes for young men and women under 25. They focus on sexual health and provide information on relationships and sexuality to enable young men and women to develop their communication and assertiveness skills.

Facilitating Choices has allowed us to meet and learn from some awe-inspiring young people.”

Tracy Crowe and Deborah McGinn,
Project Officers – Choices

Eilish Brown and Neil Decodts,
Project Officers – ‘Bout ‘Ye

In 2008

445 young men and women attended Choices and ‘Bout ‘Ye courses.

60 groups ran across Northern Ireland.

Check It Out

“Check It Out is a sexual health and personal wellbeing project for young people aged 16–25 years who are currently homeless and living in hostel accommodation throughout Northern Ireland. Frequently staff in the hostels admit that sex is a taboo subject. We hoped that the programme would educate our young people and encourage them to take responsibility for their sexual health and raise their self-esteem. These aims were met consistently. It is brilliant that it has reached young people who desperately wanted to be reached.

As well as providing group work the project has also provided individual one-to-one support and information sessions for some young people.”

Georgia Wilder,
Project Officer – Check It Out

In 2008

310 young people took part in Check It Out.
Community and consultancy work

Our unplanned pregnancy counselling service is the only one of its kind in Northern Ireland. Two centres in Belfast and Derry see women from all faiths, cultures and social classes who either self-refer or are sent by a health or social services professional. The service provides support and information to women deciding whether to continue with the pregnancy, have an abortion or choose adoption. A post abortion counselling service is also available.

In 2008

Over 1,200 women contacted fpa’s unplanned pregnancy counselling service.

634 counselling sessions were arranged.

Training in Northern Ireland

fpa’s training in Northern Ireland continues to expand. We ran the first training sessions for GPs and professionals working with looked after children in 2008.

As a result of the popularity of our Just Ask project, we also received a significant number of training and consultancy requests from organisations whose client group includes people with a learning disability.

“I have learned more about sex, contraception, pregnancy, abortion etc than I would ever have thought. I felt really comfortable with the group and ‘Bout ‘Ye was the best. Good Stuff. 10/10.”

Liam, 21

Challenging discrimination against Northern Irish women

Our advocacy and lobbying work for equal rights for women to access abortion in Northern Ireland is especially important given the restricted nature of reproductive healthcare in the country. Abortion in Northern Ireland is still governed by the 1861 Offences Against the Person Act. Women who have been raped, are victims of incest or have a fetal abnormality are among groups that are not entitled to have an abortion.

We have strengthened our team by recruiting a full time advocacy officer funded by the IPPF. The advocacy officer plays a key role in trying to bring about much needed change in relation to the law on abortion in Northern Ireland. As we operate in a social climate completely unsupportive of women’s rights to access safe reproductive healthcare, increasing public and political support for women is essential.

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Plans for 2009

■ Develop and implement Raising Aspirations programme for young people.

■ Continue campaigning for Northern Irish women to have the right to an NHS abortion.
fpa’s work in Wales is diverse. This year we set up a Welsh Advisory Committee made up of representatives from different organisations. Our inspirational work with parents and carers through Speakeasy, and groundbreaking work for young people in North Wales via our Jiwsi project, goes from strength to strength. As a co-facilitator of the All Wales Sexual Health Network in Wales we have also been able to support sexual health and interested professionals in Wales through conferences and publications.

Jiwsi working across rural North Wales

Working across North Wales our Jiwsi programme continues to deliver innovative, no nonsense sex and relationships education sessions with groups of vulnerable young people. Jiwsi works in schools and hostels with homeless young people, young people excluded from education and young people with learning disabilities. Taking sex and relationships education out to young people living in rural areas is another core part of our work.

The project has built successful partnerships with organisations such as Barnardo’s. An essential strand of the project is our popular sex and relationships education practitioner’s network supporting all our Jiwsi trained professionals. New funding from the local health boards secured during the year means the project will be running until at least 2011.

Jiwsi staff

Information bus tours North Wales

Jiwsi is proud to announce a pilot for an exciting new chlamydia screening project on a touring information bus. Specialist chlamydia self-testing kits for young people will be distributed on board the British Red Cross Mobile Youth Outreach Service travelling across Gwynedd and Anglesey. As well as steering the project’s development Jiwsi will be training youth workers to deliver the screening.

“It will help me know all the sex germs and contraception.”

Dylan, 13

“[I found out] I can’t get preggo if I’m careful.”

Bethany, 15

In 2008

- 500 young people attended Jiwsi courses.
- 16 professionals were trained.

fpa creates new Welsh Advisory Committee

Experts in sexual health, general practice, nursing, contraception and young people’s services are all represented on fpa’s Welsh Advisory Committee. The group meets twice a year, identifying opportunities for developing new projects in Wales and collaborating on issues to lobby the Welsh Assembly Government to ensure sexual health is high on the political and NHS agenda.
Speakeasy in Wales

Working across Cardiff and South Wales Speakeasy has been running courses for parents and carers over three years. The team has worked closely with a number of organisations throughout the South Wales region. The team reached diverse groups including grandparents and a group of Gujarati speaking parents. They reported that after attending Speakeasy, conversations with their children improved and felt much easier.

In 2008

320 parents/carers have attended Speakeasy in Wales to date.

51 professionals were trained to deliver the Speakeasy course.

Wales in conference

Conferences organised by fpa and the Wales Centre for Health for the All Wales Sexual Health Network are among the highlights on the Welsh professional sexual health calendar.

Conferences this year brought two quite distinct key issues to attention. In February, Dr Jane Wilkinson, the Deputy Chief Medical Officer, shared her knowledge and expertise as keynote speaker at a conference on young people’s sexual health.

In October 2008, Professor Mark Bellis gave a fascinating keynote address on an issue becoming more prominent in the field – the links between sexual health and drug and alcohol misuse.

“All the speakers were very relevant to my role as a school health nurse. I gained a lot from all presentations.”

Myfanwy, school nurse

InterSEXion network

In 2008 fpa continued to produce the quarterly bilingual newsletter InterSEXion – covering issues such as chlamydia testing in community pharmacies, and sex and relationships education. This year we ran an exclusive interview with Chief Medical Officer for Wales, Dr Tony Jewell.

Plans for 2009

- Promote Jiwsi in South Wales.
- Strengthen strategic working through new Advisory Committee.
- Develop chlamydia screening health bus work and training.

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- Develop chlamydia screening health bus work and training.
Providing accurate, non-judgmental, high quality and relevant information, education and advice for every member of the community is at the heart of everything we do. Making information available in as many different ways as possible is an essential part of this. Information must be easy for people to find, and convenient for them to use. We deliver this through our helpline, website, publications and library as well as our national training programme for professionals.

www.fpa.org.uk goes in new directions
Our website has increased in popularity over the years and is used by a diverse range of individuals. Independent research carried out in 2008 showed that people of all ages use fpa’s website with the highest users being under 34 years old.

In 2008
fpa’s sexual health direct helpline:
Answered an average of 200 calls a day.
Answered just under 50,000 calls in total.
fpa’s library:
Answered 458 enquiries from professionals.

Not just a website
Contact us direct online. Become a friend of fpa on our Facebook page or Twitter – Rebecca Findlay, fpa’s Press and Campaigns Manager.

New plans for Ask WES – sexual health direct helpline goes online
The way people want advice and information is constantly evolving, especially with advances in new technology and the increased use of the internet. During 2008, fpa responded to this need by developing a new Web Enquiry Service – Ask WES. It will be piloted and launched nationwide in 2009.

Ask WES is an anonymous and confidential sexual health information and advice service where members of the public can send a question via our website and get a response from one of our highly experienced advisors.

I’m very proud to lead fpa’s Information team. My objective is to take our information provision into new territories and tap into as many different groups and audiences as possible.

Natika H Halil, Director Of Information
Talking about sex and relationships

Update on library services

Our unique library collection includes books on contraception and sexual health dating back to the early 20th century. Some of the more popular titles of their day include *Sex manners for single girls* (circa 1969), *What every mother should know* (circa 1911) and *Marriage as a trade* (1909).

To exploit this literary treasure chest we have created a new library database with the ultimate aim of creating the first specialist online sexual health library. This exciting work will mean that professionals and students will eventually be able to find the most current research, statistics, social trends and political and historic data online.

Translating information into other languages

Among the wide variety of enquiries answered by fpa’s library are questions about the availability of contraception booklets in other languages. Currently, fpa’s booklets are only available in English but we regularly receive requests for information in a range of languages.

In 2009 we will be exploring how to best service this need and how we can develop new partnerships with other organisations.

fpa’s helpline – giving advice and support

Mystery shopping on fpa’s helpline

fpa’s helpline was externally and independently evaluated this year through a process of mystery shopping. Evaluators used over 40 different scenarios all of which were based on the types of questions asked by genuine callers. The results were extremely positive with the helpline rating very highly.

fpa’s helpline advisers scored an average of nine out of ten which is a testament to their skilled professionalism. The information given was reported as being clear in all 40 scenarios and 93 per cent of callers said they would use the helpline again.

“I got through to a lovely lady who was very easy to talk to. She put me at ease talking about what is an uncomfortable subject.”

Mystery shopper

“I was impressed by the adviser’s knowledge of both the problem and where to go for advice in the local area.”

Mystery shopper

trained advisers within three working days. Urgent enquiries, for example about emergency contraception, are given top priority and answered as soon as possible within opening hours. Ask WES is a very exciting development and a first for fpa. It allows people who find it difficult – or are unable – to talk about personal issues with a helpline adviser, to access information in a way that suits them.

Plans for 2009

- Roll out new Web Enquiry Service – Ask WES.
- Develop fpa helpline services in other languages.
- Develop a new online library.
- Launch new look, easy to navigate website.

Margaret McGovern, Information and Library Manager
Talking about sex and relationships

Targeted sexual health information for all ages

As well as producing over 70 different resources, fpa distributes about eight million booklets on STIs, contraception, abortion and unplanned pregnancy every year.

As part of our quality assurance we conducted a survey to reveal what health professionals and the general public think about our contraception and STI booklets.

The booklets were extremely well received with many scoring five out of five. The content, clarity of writing and tone were praised by both audiences and the public said how reassured they felt by the booklets.

Plans for 2009

- Publish new parenting book based on fpa’s popular Speakeasy course.
- Publish a new comprehensive book on contraception.
- Provide information for people with disabilities.

fpa wins prestigious BMA award

fpa’s booklet Pregnant and don’t know what to do? A guide to your options received a Highly Commended Award in the 2008 British Medical Association Patient Information Awards.

This is a great honour for fpa as the award recognises quality in written patient information booklets. By running the Award the BMA hopes to encourage accessible, well-designed and clinically balanced materials which enhance patients’ understanding of health issues and their ability to participate in decisions about their care.
New publications and resources launched this year

fpa launches new DVD – Why abortion?
The Why abortion? DVD was produced by our Northern Ireland team and launched in 2008 for sale across the whole of the UK. Created for schools and community groups, the educational DVD explores the realities faced by women with an unplanned pregnancy.

Let’s grow with Nisha and Joe
A colourful new comic on growing up for 6–7 year olds, Let’s grow with Nisha and Joe introduces the ideas of identity and physical and emotional development. The comic is designed to help teachers and parents/carers talk with children about growing up and is designed to be used as part of planned sex and relationships education in schools. The comic helps children understand the difference between girls’ and boys’ bodies in a relaxed and fun way. Topics covered include naming body parts, the importance of family and friends, caring for each other and keeping safe.

Let’s grow with Nisha and Joe comes with a set of teachers’ guidance notes to give teachers the confidence to start using the publication.

All about us
Launched during It’s My Right, fpa’s groundbreaking Sexual Health Week 2008 campaign for the rights of people with learning disabilities to sex and relationships, All about us is a pioneering interactive CD-ROM. Designed specifically for people with learning disabilities, the CD-ROM is the first of its kind. It provides information on sex, relationships and sexuality and is suitable for people with mild to moderate learning disabilities including older children and adults.

All about us has already become an invaluable educational tool empowering people with learning disabilities to discover the facts about sex and relationships. It is also a useful resource for their parents/carers and professionals working with them.

Is this love?
Inspired by the popular booklet produced by Family Planning Association in New Zealand, this is a compact fold-out booklet for young people aged 14 years old and above. It helps them understand the difference between caring and controlling relationships, at a time when they are just beginning to emotionally mature as young adults.

How to buy fpa resources
You can buy all of our resources straight from us or order some via www.amazon.co.uk or ask at your local bookshop. All our resources are at www.fpa.org.uk/Shop and we have displayed many online so you can try before you buy.

Tel: 0845 122 8600 or email fpadirect@fpa.org.uk to place an order.
Talking about sex and relationships

fpa’s training programme

Promoting professional development and sexual health expertise across the UK

Whether it’s an experienced sexual health professional or a person requiring a good basic introduction, fpa’s training programme has the right course. We are still the only organisation offering university accredited sexual health training in the UK. These courses have an academic value, so participants can use our training to build up their own personalised package of professional qualifications.

Working as an fpa trainer

“ I receive tremendous support from fpa’s Training department. They make sure that as trainers we have all the up-to-the-minute information we need that’s relevant to every course we run.”

Juliana Slobodian, fpa Associate Trainer

Last year fpa’s training programme, and in particular our Core competencies in sexual health for youth workers, thrived. In partnership with the National Youth Agency, fpa has developed a set of core competencies which covers all the essential skills, information and values youth workers need to run safe, informed and practical sex and relationships work with young people. This course is fast becoming the quality benchmark for young people and sexual health with more courses running across England and Wales.

Trainees on fpa’s Fantasy vs reality course
Talking about sex and relationships

"A very relaxed and informative atmosphere. I feel much more confident in my ability to give contraceptive advice now."

Basics of contraception, training course participant

"The opportunity to take risks, learn from the skills in the group and watch some excellent training skills was invaluable."

Training the trainers, training course participant

In 2008 demand for our popular courses for people with learning disabilities increased. Many requests for tailor made courses were made, particularly in Brighton and Westminster.

Work is going well building up our training programme in Scotland and we also continued to support health organisations by delivering a set of block courses for Marie Stopes International and South Manchester Private Clinic.

"I thought the trainers were very sensitive, respectful and participant-focused. I think you did a brilliant job."

Autistic spectrum disorder (ASD), sexuality and sex and relationships education, training course participant

In 2008
1,714 people attended an fpa training course.
157 courses were run in England, Scotland and Wales.

Responding to training needs

In 2008 we launched two very successful courses:

- Fantasy vs reality: the impact and influence of pornography on young people. Tackling the challenging issue of the effects of pornography, this course provides strategies for those working with young people.
- Building resilience in sexual health with young people. For professionals working particularly with those in targeted youth support, pupil referral units or youth offending teams this course looks at how to nurture resilience, maintain their sexual health and wellbeing and minimise their involvement in risk taking behaviours.

New courses coming soon

- Talking about sexual health, relationships and rights with looked-after children and young people. For anyone who works with and/or cares for children and young people in care.
- Asylum seekers, refugees and sexual health. For professionals working to improve access to sexual health services for asylum seekers and refugees.

Plans for 2009

- Increase the number of accredited training courses available.
- Maintain a strong presence and increase uptake of training in Wales and Scotland.

contraception
learning disabilities
STIs
practical skills
teenage pregnancy
law and policy
faith and values
training the trainers
looked-after children
young men
young women
LGBT communities
Speakeasy

fpa training brochure
2008–09
Throughout 2008 fpa worked tirelessly to defend women’s right to choose an abortion and to extend the 1967 Abortion Act to Northern Ireland.

We focused our energies on political lobbying and public campaigning to retain the 24 week upper time limit for abortion. It was under threat of being reduced by anti-choice groups and MPs who attempted to use the Human Fertilisation and Embryology Bill going through Parliament in the summer of 2008 to bring the limit down.

fpa launched a massive postcard campaign mobilising the public to lobby their MP. Together with partner organisations such as Voice for Choice, a coalition of national organisations who believe in a woman’s right to choose an abortion, and pro-choice MPs, we made sure everyone knew the real stories behind abortion and why keeping the 24 week limit is critical. The result was a major achievement. MPs voted overwhelming to keep the 24 week limit in May 2009.

As the 1967 Abortion Act was being scrutinised by Parliament, a rare opportunity presented itself to put down an amendment to extend the Act to Northern Ireland. When the Abortion Act was passed in the 1960s it only applied to Britain. We were delighted when Diane Abbott MP took the lead on putting down this historic amendment in Westminster. However, the time allowed for the debate in Parliament meant MPs did not even have a chance to debate or vote on the amendment, and the inequality women in Northern Ireland face, has continued.

“fpa is a vital advocacy organisation helping to bring important issues to the attention of Parliament. The Northern Ireland campaign is an issue that fpa has been working on for years. It was wonderful to work with such informed and passionate people.”

Diane Abbott, MP
One of fpa’s key objectives is to ensure the provision of high quality sex and relationships education to young people. For many years we have been one of the leading organisations lobbying for compulsory sex and relationships education in schools.

In 2008, the Government conducted an independent review to investigate whether sex and relationships education should be statutory. Members of the group were hand picked to represent a diversity of expertise and backgrounds including sexual health professionals, organisations for young people and faith groups. David Kesterton, fpa’s Speakeasy Project Manager, was invited onto the group to represent the views of parents and carers.

After thoroughly evaluating and reviewing all the evidence and research available, the review group recommended that sex and relationships education should become part of a statutory framework of Personal Social Health and Economics Education (PSHEE) in all schools in England. It also recommended that this should begin at primary school.

On receiving the review group’s report the Government made a historic announcement publicly committing to making PSHEE a statutory subject in primary and secondary schools in England. fpa was delighted. We believe that this will dramatically improve the long term health and wellbeing of our children and young people.

We have waited a long time for a commitment from the Government and we will work hard with the Government and other organisations to make it a reality for every school in England.

“Modern life is increasingly complex and we have a duty to equip our young people with the knowledge and skills to deal with it.”

Rt Hon Jim Knight MP, Minister for Schools and Learners.

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Talking politics – fpa at party conferences

“As a member of the Health Hotel for the fourth year running, we held a successful fringe event at each of the three main party conferences in the autumn. Our theme was personalised healthcare and health inequalities.

We were delighted that Baroness Barker, Liberal Democrat Health spokesperson; Rt Hon Dawn Primarolo MP, Public Health Minister and Mark Simmonds MP, Conservative Shadow Health Minister, responded to the issues we raised, particularly around the It’s My Right learning disabilities campaign.”

Hayley Blackburn, Policy Manager

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Plans for 2009

- Ensure statutory sex and relationships education becomes a reality.
- Profile sexual health at party conferences in run up to the general election.
- Continue to administer All Party Parliamentary Pro Choice Group.
Contraceptive Awareness Week
February 2008 – The New Man

This campaign examined men’s attitudes towards contraception. As men can only choose from two contraceptive methods, sterilisation and condoms, their restricted choice can have the unfortunate result of excluding them from contraceptive responsibility. So the aim of our week was to promote men’s role and support professionals to attract men into contraceptive services and deliver consultations with them.

Results from an fpa national survey showed encouragingly only a tiny fraction of men believed contraception was ultimately just women’s responsibility but only 20 per cent of men said that if a man doesn’t want to get a woman pregnant he should use condoms every time he has sex. This illustrates the work to be done empowering men to think about controlling their own fertility separately to women.

In 2008
The New Man broadcast and print media had a coverage of 22 million.

Sexual Health Week August 2008
- It’s My Right

fpa prides itself on pushing sidelined issues straight into the mainstream public arena. It’s My Right was the UK’s first national campaign on the sexual health rights of people with learning disabilities. Marking this special event, we launched our new interactive CD-ROM All about us. The campaign gained huge support from people with learning disabilities, parents and carers as well as professionals and organisations working with and for people with learning disabilities. It’s My Right continues to effect change and media attention into 2009.

We support fpa’s campaign. Having the opportunity to develop personal relationships is an important part of a full life, and people with a learning disability should not be denied this because of prejudice or lack of accessible information.

Dame Jo Williams, Chief Executive, Mencap

Creative advertising agency tea (The Ethical Agency) recruited award winning photographer Marcus Lyon to produce the set of stunning campaign posters (below). All the models photographed had learning disabilities and had complete control over how they wanted to be pictured. Posters were sent to thousands of health, social care and educational settings across the UK.

In 2008
It’s My Right had a broadcast and print media reach of 33 million.
The All-Party Parliamentary Pro-Choice (APPG) and Sexual Health Group

The group brings together MPs and peers who are interested in sexual health. We keep them up to date on the latest developments and highlight areas that are of concern. In 2008 we produced a report on commissioning and joint working between primary care trusts and local authorities for the Group.

fpa’s prize for excellence in journalism

The Rosemary Goodchild Award

The Award was shared between Victoria Rolison’s excellent contraceptive piece for Company magazine and Trudy Simpson’s heartfelt article on the children of HIV infected parents for the Voice, her second consecutive award.

We were absolutely ecstatic when we found out we were this year’s winners. We’re very proud of the Scored programme and all the young people that were involved.

Karina Bowkett and Michelle Thompson, Scored project workers

I really enjoy administering the APPG. The meeting topics are always varied and interesting – for example older people’s sexual health or third sector commissioning of sexual health services. Listening to the debate that these topics provoke at the meetings and hearing the opinions of peers and MPs on these issues is fascinating.

Clare Laxton, Parliamentary Officer
# Financial data and accounts for 2008

## Balance sheet at 31 March 2008

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<td>£</td>
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<td><strong>Fixed assets</strong></td>
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<td>Tangible fixed assets</td>
<td>277,691</td>
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<td>Investment property</td>
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<td>52,500</td>
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<td>277,691</td>
<td>326,397</td>
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<tr>
<td><strong>Current assets</strong></td>
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<tr>
<td>Freehold land and buildings for resale</td>
<td>215,000</td>
<td>520,000</td>
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<td>Stocks</td>
<td>131,088</td>
<td>173,855</td>
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<td>Debtors</td>
<td>676,040</td>
<td>678,098</td>
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<td>Cash at bank and in hand</td>
<td>803,713</td>
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<td></td>
<td>1,825,841</td>
<td>1,418,212</td>
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<td><strong>Creditors: amounts falling due within one year</strong></td>
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<td>(605,364)</td>
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<td></td>
<td>1,030,796</td>
<td>812,848</td>
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<td><strong>Net current assets</strong></td>
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<td></td>
<td>406,487</td>
<td>538,245</td>
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<tr>
<td><strong>Creditors: amounts falling due after one year</strong></td>
<td></td>
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<tr>
<td>Defined benefit scheme deficit</td>
<td>(902,000)</td>
<td>(601,000)</td>
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<tr>
<td></td>
<td>406,487</td>
<td>538,245</td>
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## Income funds

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<tr>
<th></th>
<th>2008</th>
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<tr>
<td></td>
<td>£</td>
<td>£</td>
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<tr>
<td><strong>Restricted funds</strong></td>
<td>165,278</td>
<td>213,899</td>
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<td>Unrestricted funds:</td>
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<tr>
<td>Revaluation reserve</td>
<td>212,800</td>
<td>479,901</td>
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<tr>
<td>Other charitable funds</td>
<td>930,409</td>
<td>445,445</td>
</tr>
<tr>
<td>Unrealised deficit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Defined benefit scheme deficit</td>
<td>(902,000)</td>
<td>(601,000)</td>
</tr>
<tr>
<td></td>
<td>406,487</td>
<td>538,245</td>
</tr>
</tbody>
</table>

**Total income £3,623,043**

**Total expenditure £3,623,365**

These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information the full accounts, the auditor’s report on those accounts and the trustees’ annual report should be consulted. Copies of these may be obtained from the Secretary, 50 Featherstone Street, London EC1Y 8QU.
Five year strategic aims and summary of key targets for 2009

Deliver responsive services that empower people to make the best choices for their sexual health

- Launch Westminster Learning Disability project.
- Extend Speakeasy training to professionals across England.
- Sexability young people’s project to extend to England and Wales.
- Run Sexability courses reaching 280 people.
- Develop and deliver Speakeasy across Scotland.
- Develop and implement Raising Aspirations programme.
- Promote Jiwsi in South Wales.
- Develop chlamydia screening health bus and training.
- Launch new online Web Enquiry Service – Ask WES.
- Develop online library.
- Publish Speakeasy book.
- Publish book on contraception.
- Provide information for people with disabilities.
- Launch new look, easy to navigate website.
- Maintain strong presence and uptake of training in Wales and Scotland.

To campaign and champion people’s rights to enjoy sexual health and positive relationships across the UK

- Highlight sexual health issues with MSPs.
- Ensure fpa is driven at all times by the highest standards.
- Ensure fpa is accountable to our service users, staff, funders and partners.
- Continue to campaign for women’s rights to access abortion in Northern Ireland.
- Ensure statutory sex and relationships education becomes a reality.
- Profile the importance of sexual health at party conferences in run up to general election.

Challenge and oppose sexual stigma and discrimination

- Develop information booklets for the general public and health professionals on new NHS guidance.
- Strengthen strategic working through new Welsh Advisory Committee.
- Develop fpa helpline services in other languages.

Use a broad range of communication approaches to engage people in dialogue about sex and relationships

- Launch rebrand.
- Use social networking to reach different audiences.
- Campaign to highlight impact of alcohol on sexual behaviour.
- Promote contraceptive choice across the UK.

Strengthen our financial independence

- Publication of range of books.
- Improve online customer shopping experience.
- Increase number of accredited training courses.
Fundraising – help us to help more people

Support our fundraising events in 2009

We have many exciting and different fundraising events – there is something for everyone, whether its trekking the Great Wall of China, doing a freefall parachute jump from 10,000ft, cycling from London to Paris, or taking part in a running event. If sport is not your thing, why not put on a fundraising event of your own in your local business or community?

fpa’s annual fundraising dinner

A spectacular venue, celebrity guests, fabulous food and champagne made our most important fundraising event of the year a great success. Heather Sandhu, a parent from our Speakeasy course, made a compelling speech on how the course really helped her talk to her children about sex, relationships and growing up. Our guests had a fabulous evening and on top of this we made a profit of £30,000 which will go directly to our frontline services.

Fundraising events of 2008

Fiona Williamson from Sanofi Pasteur ran the 2008 Flora London Marathon for us, raising nearly £2,000. She also completed the race in a fabulous three hours and 35 minutes – well done again Fiona, and many thanks. Anna Nesbitt, our Publications Editor and Writer and Paul Fleming, our Fundraising Manager, ran the Clapham Common 10K and between them raised £700, so a big thanks to them too.

To find out how you can get involved in supporting our work please contact Paul Fleming, Fundraising Manager, tel: 020 7608 5266 or email paulf@fpa.org.uk.
With thanks to...  

With thanks to all those who have supported our work during 2008

So why do we need your help?

- Every week in the UK thousands of parents dread the words, “Where do babies come from?” fpa helps those parents answer this and many other questions.
- Every week in the UK nearly 2,000 teenagers get pregnant and over half of those pregnancies end in abortion. fpa advice can ensure young men and women know how to avoid unplanned pregnancies.
- Every week in the UK sexual health clinics are full of people, young and older, with an STI. STIs are avoidable.

But we need your help to support more parents, more vulnerable young people and more people across the UK. It is only through grants, your donations and support from companies that we can support people to have healthy, responsible and fulfilling relationships. Please help us.

Benefactors
Ms Gillian Black
Ms Claire Bull
Ms Sanna Burns
Dr Elaine Cooper
Mr Michael Cox
Dr Margaret Curtis
Dr David Delvin
Professor John Guillebaud MA FRCSE FRCOG MFFP
Dr Amanda Herbert
Mr Anthony Herbert
Juliet Hillier
Dr Catherine Hood
Mr Francois Hugo
Dr Rosemary Kirkman

Dr Diana Mansour
Mr Robert Macleod
Lord Richard Newby
Dr David Paintin
Mr David Parkinson
HH Judge Valerie Pearlman
Dr Juliet Peel
Bruce Pickering
Ms Mary Reilly
Mr and Mrs Robinson
Prof Wendy Savage MBCh Msc Hon Dsc FROG
Mr Michael Sayers
Ms Louise Sibley
Ms Sarah Wootton

Key funders and sponsors
BASHH
Bayer Schering Pharma
Belfast Health and Social Care Trust
Bertram Books Ltd
Big Lottery Fund
Bridge House Trust
City Parochial Corporation of London
Dept for Children, Schools and Families
Dept of Health
Dept of Health, Social Services and Public Safety
Durbin PLC
Eastern Health and Social Services Board
The Ernest Kleinwort Charitable Trust
Exelgy Healthcare Ltd
Experian PLC
Faculty of Sexual and Reproductive Healthcare
FP Sales Ltd
G W Cadbury Charitable trust
Glaxo Smithkline UK Ltd
Lord and Lady Goodhart
Greenwich Teenage Pregnancy Strategy
Health Action Zone North & West Belfast
Health Promotion Agency for Northern Ireland
IPPF
Janssen-Cilag
Lyndhurst Settlement
Man Group PLC
Mates Healthcare Ltd
Nyraff Ltd
Pfizer Ltd
Sanofi Pasteur
Schering Plough
The Scottish Executive
Selection Services PLC
The Southern Health and Social Services Board
SSL International PLC (Durex)
Teenage Pregnancy Unit
The Western Health and Social Services Board
Williams Medical Supplies PLC

With thanks to...
I hope you have enjoyed reading this report. It has been another great year for fpa. Our work with different communities across the UK continues to flourish. The Speakeasy team has delivered international sessions to professionals working with parents in Latvia and the Republic of Ireland. This is as well as launching Speakeasy into Scotland for the first time. New innovative programmes for homeless people and people with learning disabilities demonstrate fpa’s belief that everyone is entitled to good sexual health.

The National Executive Committee (NEC) has been busy this year supporting staff in the development of our five year strategic plan and I would like to extend my personal thanks to all NEC members for their commitment to the work of fpa. Vice chair Daniella Winkler and David Aaronovitch have finished their tenure on the Committee and on behalf of all the members I would like to thank them for their hard work.

I am also delighted to announce four new fpa patrons who come from a range of diverse and influential backgrounds – Dr Liz Nelson, OBE, founder of market research company Taylor Nelson Sofres, Baroness Massey of Darwen, one of the country’s leading advocates of sex and relationships education and Dr David Bull, television presenter and medical doctor. David Aaronovitch, broadcaster and columnist at The Times, becomes a patron after finishing his tenure on the NEC. A warm welcome to them all.

Finally, on behalf of all NEC members we extend our admiration and appreciation to all fpa staff across the UK, who work tirelessly every day to ensure that fpa continues to be at the leading edge of sexual health provision.

Ian Plaistowe, Chairman fpa
I learnt the ways drugs and alcohol affect your mind leading to unprotected sex.
Karl, 15

I learnt about health and how my body changes. I can be proud of what happens in my body.
Alisha, 12

All the speakers were very relevant to my role as a school health nurse. I gained a lot from all presentations.
Myfanwy, school nurse

I've learnt that sex education is not only about sex, it is about health, safety and respect for others.
Nicky, Speakeasy mum

I learned about different stereotypes of people and how it's not fair.
Lara, 16

This should be taught in school, I got pregnant at 14 'cause no-one told me about this stuff.
Ciara, 14

I have learned more about sex, contraception, pregnancy, abortion etc than I would ever have thought. I felt really comfortable with the group and 'Bout 'Ye was the best. Good Stuff. 10/10.
Liam, 21

I feel much more confident in planning and delivering schemes of work and lesson plans after this course.
Delivering sex and relationships education in the classroom, training course participant

The service in Belfast was invaluable. My counsellor was professional and very supportive. Without them I would have had wrong information. I felt prepared for what was going to happen to me before and during my abortion.
Sinead, 34

Before going to fpa nobody had asked me how I felt about being pregnant. fpa's counselling gave me the space to look at my options and make the right decision for me. I realised that I wanted to be a mum and was excited about having a baby.
Lucie, 19

I got through to a lovely lady who was very easy to talk to. She put me at ease talking about what is an uncomfortable subject.
Mystery shopper

It will help me know all the sex germs and contraception.
Dylan, 13
President
Baroness Gould of Potternewton

Vice Presidents
Baroness Tonge
Ms Joan Ruddock MP
Ms Jacqui Lait MP

Patrons
Mr David Aaronovitch
Lord Alli
Ms Sandra Chalmers
Ms Gaynor Churchward
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Baroness Flather
Lady Goodhart
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Dame Jennifer Jenkins
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Lord Lester
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Baroness Massey
Countess Mountbatten
Ms Jenni Murray
Dr Liz Nelson

Dr Miriam Stoppard
Ms Polly Toynbee
Ms Beverley Turner
Baroness Walmsley
Ms Caroline Woodroffe

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Vice Chair: Paul Woodward
Treasurer: Tracey Marshall

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Dr Alison Bigrigg
Jane Cooke
Dr Val Day
Jennifer Gerber
Tamara Kubba
Mike McGinley
Dame Denise Platt
Victoria Roberts
Laura Sadler

The Family Planning Association is a registered charity, number 250187, and a limited liability company registered in England, number 887632.

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fpa, Unit 10, Firhill Business Centre, 76 Firhill Road, Glasgow G20 7BA. Tel: 0845 122 8663.
fpa, Suite D1, Canton House, 435–451 Cowbridge Road East, Cardiff CF5 1JH.
www.fpa.org.uk
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All library images posed by models.