Providing straightforward information, advice and support on sexual health, sex and relationships
Our mission is to help establish a society in which everyone has positive, informed and non-judgemental 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.

### Contents

- Welcome from Julie Bentley, Chief Executive FPA..... 3
- Across the four nations......................................... 4
- Talking about sex and relationships..................... 12
- Campaigning .................................................... 15
- Recognising the best.......................................... 16
- Financial data and accounts for 2009 ............... 17
- Progress against key targets for 2009................. 18
- Summary of key targets for 2010 ....................... 19
- Fundraising – help us to help more people ........ 20
- With thanks to . . . ............................................. 21
- Chairman’s comment........................................ 22
- ICPD+15.......................................................... 23

### 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 rights for all. As a member, FPA supports IPPF’s Declaration of sexual health rights which states that sexuality, and pleasure deriving from it, are central aspects 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.

### Voice for Choice

FPA is a member of Voice for Choice – a national coalition of organisations working alongside the All Party Parliamentary Pro-choice and Sexual Health Group to campaign for a woman’s choice on abortion.

www.fpa.org.uk
Welcome to our Annual report of 2009. Over the coming pages you will learn about the work we deliver across the UK. This ensures everyone – young and old, male and female – has appropriate, accurate, non-judgemental information, advice and support on all aspects of sexual health and relationships.

This year we launched two groundbreaking community projects and developed sexual health resources for blind and partially sighted people as well as incorporating a language translation service into our helpline.

We were extremely proud to receive two awards. All about us, our unique CD-ROM on sex and relationships for people with learning disabilities, won the silver award in the E-Learning Awards. Speakeasy, our project that helps parents and carers gain the confidence and skills they need to talk to their children about sex and relationships, was highly commended in the Children & Young People Now Awards. The pursuit of awards is not why we do our work, but such recognition is great.

As the UK representative organisation of the International Planned Parenthood Federation (IPPF), we shared our specialist expertise in working with people with learning disabilities with sexual health organisations in Israel, Denmark, Latvia and Macedonia.

Last year we spent time reviewing our public profile. After commissioning independent market research with the public and conducting a broad stakeholder consultation, our trustees decided on a new brand identity to take us into our 80th anniversary year – 2010. I hope you like the new brand, which is showcased on the front of this report. My sincere thanks to Nick Darke, the designer of the rebrand, who gave his time, pro bono, to support FPA.

All too often we still see sex, relationships and sexual health communicated in simplistic or smutty terms. Until we are able to put stigma and embarrassment aside, we will continue to be faced with the challenge of poor sexual health and relationship difficulties. I am determined that FPA will continue to strive for sensible dialogue on these complex and challenging issues. I’m proud that we continue to talk sense about sex.

Julie Bentley
Chief Executive FPA
PA project work went from strength to strength this year. We bolstered existing programmes and launched new ones. This has enabled us to reach more people, including some of the more vulnerable groups in society, to help them make informed choices about sex and relationships and therefore to enjoy good sexual health.

Helping homeless young people
Supporting homeless young people – some of the most disadvantaged and socially excluded people in society – is the aim of Sleepin’ Safe, Sexin’ Safe. In partnership with national homelessness organisation Centrepoint we deliver specially tailored courses of sex and relationships education (SRE) in their hostels.

As well as getting vital sexual health information, attendees can earn academic credits to help them find work. Alternatively, they can train to become peer educators to support other homeless people. Both options offer them a way to learn new skills and find new opportunities in their lives.

“You get a certificate at the end, which is good, and it can go on my CV as well. It’s like an achievement for me basically.”
Wayne, 17, Sleepin’ Safe, Sexin’ Safe participant in London

Training Speakeasy professionals
Speakeasy gives parents and carers the skills, information and confidence to talk to their children about sex and relationships.

Having run thousands of courses with parents over the years we began a more intensive roll out of the existing Speakeasy training programme reaching some areas of England for the first time. A strategic grant from the Department for Children Schools and Families gave us vital resources to do this work.

New research, conducted by Young People in Focus, proves the lasting impact of Speakeasy. Interviews with parents who attended courses five years ago reveal Speakeasy’s positive effect. Parents said they still find it easier to talk to their children as they go through puberty and approach adulthood although they finished the course some time ago.

“The venue and facilitator were excellent. The course was very informative and I learnt a lot.”

Rudi, professional on Speakeasy course

Learning disability project in Westminster
Working with Westminster Council and Westminster NHS in London, FPA has established a new programme for people with learning disabilities to help
Across the four nations / England

FPA Parliamentary Officer, Clare Laxton, spreads the word at party conferences

For the fifth year running, FPA was part of the Health Hotel at Liberal Democrat, Labour and Conservative party conferences. Our fringe events, Credit crunch to health crunch, with Rethink and the Sainsbury Centre for Mental Health, examined the hidden and stigmatised issues of sexual and mental health. We wanted to highlight the importance of investment in preventative services, as they are most likely to be badly affected by any budget cuts. Well-attended, with Ministers or Shadow Ministers on each panel, we met with many MPs and political youth organisations, helping to spread awareness of our work.

In 2009

109 Sleepin’ Safe, Sexin’ Safe sessions ran.

38 learning disability staff were trained.

168 Speakeasy professionals were trained.

Plans for 2010

Roll out Speakeasy to 1,200 people by 2011.

Expand Sleepin’ Safe, Sexin’ Safe to other homelessness organisations.

Extend the learning disability project across London.

them understand issues such as sexuality, sexual health and safety, and to support their parents and carers.

FPA is also running sessions for Westminster staff to develop their skills and professional understanding in the complex issue of learning disabilities. On-the-job training in skills for professionals to use in their own workplace will help to embed good working practice in as many areas in Westminster as possible.

“This project is important so as a mum I have the education and information my son needs in this area.”

Sonita, parent on Westminster learning disability project

Speakeasy is highly commended in the Health & Wellbeing category in the Children & Young People Now Awards 2009.

SHout Loud about local services

FPA joined forces with five other sexual health charities – African HIV Policy Network, Brook, Medical Foundation for AIDS and Sexual Health, National Aids Trust and Terrence Higgins Trust to launch a new website. At www.shoutloud.org.uk people can find out about their local sexual health services and how they can influence the way those services are delivered, for example by writing to their MP or primary care trust. Sexual Health Out Loud is a great tool for sexual health campaigners in England.
Our mission to help improve Scotland’s sexual health and wellbeing is powered by three key elements, our community projects for parents and young people, the support of the Scottish Advisory Committee, and by working with influential figures in the Scottish Parliament and Government.

Sexability reaches out to more young people
Sexability has been a massive success in Scotland since its launch two years ago and 2009 was no different. The project helps young people make informed choices about their sexual health and relationships. Working with many young people and professionals we far exceeded our targets. By training professionals to run Sexability we also make sure the work continues when Sexability comes to its natural end.

Delivering sex and relationships work is always interesting and it is so rewarding when young people form positive relationships and have fun as they learn. Rural areas and places of high social deprivation such as Stirling, South Lanarkshire and South Ayrshire were specially targeted this year, so that no young person misses out on how to protect their sexual health and develop positive relationships.

“This course has helped me to understand sexual health. I liked the contraception and self-esteem exercises the best.”

Becca, 15, young person from rural central Scotland on a Sexability course

Speakeasy makes its mark on Scotland
Speakeasy is now well established in Scotland. The team works in areas of socio-economic need, such as Tayside, Renfrewshire and Inverclyde, where there are high levels of teenage pregnancy and sexually transmitted infections (STIs). Various parent groups were run during the year and the first of a planned 250 training courses for professionals was held too.

“Speakeasy made me realise that if you just relax about talking about sex, and give your kids as much information as they need at the time, it makes all the difference”.

Sean, father on a Speakeasy course

Talking sex with the Scottish Government
Working with Members of the Scottish Parliament (MSPs) and the Scottish Government is central to the FPA presence in Scotland. We held a reception
Across the four nations / Scotland

in the Scottish Parliament to mark Contraceptive Awareness Week. We also met individual MSPs to highlight the work we do in their constituencies and to campaign on key sexual health issues such as improving access to all contraceptive methods and reducing teenage pregnancies. We also responded to draft consultations put out for expert comment including the Patients’ Rights Bill which is being published in 2010.

**The Scottish Advisory Group**

The expert input of our Scottish Advisory Group is enormously beneficial. The committee meets every four months to scrutinise our work in Scotland and offers advice and guidance on policy and services. As a direct result of this collaboration, FPA was asked to join the consultation group for the Scottish long-acting reversible contraception (LARC) campaign. Consumer research conducted for the campaign showed how well FPA information booklets are appreciated in Scotland.

**Scottish training newsflash**

Training in Scotland increased in 2009. We provided training to a range of professionals, including teachers, nurses and social workers and others working with young people. We ran *First impressions count!* for the first time in Scotland for a group of health centre receptionists in Dundee. Now these professionals working at the frontline of primary care have the skills and knowledge to provide a good quality sexual health service. Courses for staff working with people with learning disabilities were also popular.

**New courses coming soon**

We pride ourselves that our training courses always keep up with current legislation. So in 2010 we are launching the FPA Sex, law and policy (Scotland) course to coincide with the implementation of the Sexual Offences (Scotland) Act 2009. It’s for anyone needing to understand the new Act, such as teachers and those working with young people or people with learning disabilities.

> “I found the *Sexual health starts here* course very informative and relevant to the young people I work with.”

Pat, youth worker, Airdrie

<table>
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<tr>
<th>In 2009</th>
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<tr>
<td>Sexability worked with <strong>338</strong> young people.</td>
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<tr>
<td><strong>181</strong> professionals were trained by Sexability.</td>
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<tr>
<td>Over <strong>150</strong> parents attended Speakeasy courses.</td>
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**Plans for 2010**

- Set up a project for homeless young people in Glasgow and Edinburgh.
- Establish a new learning disability project.
- Extend Sexability beyond its current contract.

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Happy birthday Speakeasy!

On 5 September we proudly celebrated Speakeasy’s first birthday in Scotland. Parents and carers who’d finished the course joined us for the party and told us how they were using what they had learnt with their families. Many took the time to record positive and passionate feedback about their Speakeasy experience in a video booth we created especially for the event. One inspired parent, a nurse, said she wanted to use her Speakeasy training and nursing background to help as many people as she can.

Celebrating Speakeasy’s first birthday in Scotland

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Across the four nations: Northern Ireland

We have successful projects across different communities including Just Ask! for people with learning disabilities, ‘Bout Ye for young men and Speakeasy. They prove our commitment to being one of the leading sexual health organisations in Northern Ireland. We also run the only impartial unplanned pregnancy helpline and counselling service.

“I got loads out of today’s session. I liked looking at the choices men and women have (or haven’t) got.”

Colm, 14, ‘Bout Ye course

“We haven’t ever had this before. I’m happy someone is talking to me about sex and stuff.”

Millie, 18, Just Ask! course

Raising aspirations

The new Raising aspirations programme (RAP) is a community based learning programme for young people and the adults in their lives. It offers interactive workshops and one-to-one support and information sessions for young people and workshops for their parents. RAP also engages with other adults to encourage and support young people to move through what can be a rocky road from childhood to adulthood. Young people can aspire to be anything they want if they just have the support of others in their lives. Running in the Southern Health and Social Care Trust area for young people under 25, RAP has already enjoyed a tremendously successful first year.

Training in Northern Ireland

Designing made-to-measure courses for Northern Ireland’s health and social care trusts vitalises sex and relationships work, and puts our 15 years’ experience of providing training to good use. At the moment we are working with two trusts on the sexual health needs of children in care.

Another exciting development was delivering a four day training programme for the IPPF in Latvia. It was based on our Sexuality and people with learning disability training and the work of the Just Ask! project which specialises in supporting people with learning disabilities. In 2010 we plan to run two new courses – one with young people and parents, and the other on our unplanned pregnancy counselling work.

Abortion guidance issued

In March 2009 Guidance on the termination of pregnancy services, the law and clinical practice was published by the Department of Health, Social Services and Public Safety (DHSSPS) as the result of a legal challenge initiated by FPA in 2001. In June 2009 the Society for the Protection of the Unborn Child (SPUC) successfully applied for a Judicial Review of the document which was heard in October. The Court dismissed six out of eight of SPUC’s arguments including that abortion is illegal in Northern Ireland but ruled that the document should be withdrawn and sections on counselling and conscientious objection re-written. DHSSPS re-issued the document in February 2010 minus these two sections which
are to be re-written and sent out to consultation.

**The unplanned pregnancy counselling service**

Our unplanned pregnancy counselling service is the only one of its kind in Northern Ireland. Centres in Belfast and Derry see women from all faiths, cultures and backgrounds. They are referred by health or social services or refer themselves. Our job is to give support and information to help them decide whether to continue with the pregnancy, have an abortion or choose adoption. We also run a post abortion counselling service.

**The counsellor says**

“During the sessions we see women often experiencing a deep crisis, not helped by the complicated situation they face if they decide on an abortion as most will have to go overseas. For example, Finola came to us for help when she was eight weeks pregnant, extremely emotional, with her son and with no support or childcare. Another, Moira, 14-years-old, arrived very scared and alone. Whatever the situation, my role is to stay focused on the client’s need and help her reach the best solution for her.”

**The client says**

“I was single, five weeks pregnant and considering an abortion when I attended the service. At 39, I’d accepted I wasn’t going to have children and the thought of being a lone parent was frightening. The counsellor helped me to explore all my options and I began to get excited about the thought of being a mum. It was so good to talk and express my confusion without someone judging me. I left feeling more positive about myself and my ability to make a choice that was right for me.”

**In 2009**

- **707** young men attended ‘Bout Ye and **578** Choices workshops were run for women.
- **505** Speakeasy parents were trained.
- **360** women attended the unplanned pregnancy counselling service.

**Plans for 2010**

- Host an all-Ireland conference on clinical practice in providing abortions.
- Create a CD-ROM for deaf and hard of hearing people.
- Set up an all-party Northern Ireland Assembly group on sexual health.
FPA has a Wales-wide interest in all aspects of sexual health. Our established project work, new collaborative partnerships with sexual health organisations, training courses and growing political presence has meant that we are having an impact on the sexual health of the people of Wales.

All aboard!
The first sexual health bus for North Wales set off in 2009. The bus is part of the British Red Cross Mobile Youth Outreach Service (MYOS) – an established youth work service working in isolated rural communities. It delivers information sessions, encourages health promotion and signposts to local services. Thanks to a collaboration with FPA and the genitourinary medicine (GUM) clinic at Ysbyty Gwynedd Hospital, Bangor, the bus is now piloting the distribution of chlamydia self-testing kits on board to young people under 25 in Gwynedd and Ynys Môn.

The bus gives staff and volunteers, all trained by FPA, the chance to talk to young people about chlamydia, GUM clinics and STI screening. Our goal is to reach even more young people next year and provide notification, treatment and contact tracing for those who need it.

Jiwsi continues to be an outstanding success in North Wales. It delivers programmes about SRE that concentrate on issues identified by young people themselves. Topics such as the difference between public and private behaviour, safer sex and developing healthy relationships are all popular.

Sustainability is also a key factor – this is why Jiwsi trains professionals on the FPA Core competencies in sex and relationships course. Core competencies covers all the essential skills, information and values youth workers need to run safe and practical sex and relationships work sessions with young people. It’s a must for any youth worker involved in sexual health work.

“Jiwsi is a consistently high quality example of how SRE should be delivered to everyone, and demonstrates a commitment to working with vulnerable young people.”

Glynis, Service Commissioner in North Wales

Politics in Wales
We were delighted that our event to mark Contraceptive Awareness Week in the Welsh Assembly Government was attended by a quarter of all Assembly Members (AMs). As well as talking about...
Ushan Andrady chairs the Welsh Advisory Committee

Across the four nations / Wales

sexual health issues they were keen to hear about our work. Later in the year we met different AMs individually to highlight concerns such as the lack of access to abortion services in North Wales and the importance of funding for community work. We also worked with the Welsh Assembly Government by responding to draft consultations put out for expert comment including their Sexual health and wellbeing for Wales draft working paper which sets out priorities for sexual health and wellbeing in Wales until 2014.

Ushan Andrady, Chair of the Welsh Advisory Committee reports on progress

“The Welsh Advisory Committee was set up to promote FPA work in Wales. Meeting twice a year it enjoys representation from statutory and voluntary organisations involved in sexual health. Since we began, FPA has actively lobbied AMs from all parties to highlight inequalities, reveal gaps in services and identify what needs to be done to improve sexual health in Wales. This is excellent and should continue.

Our challenge for 2010 is to recognise how we can help local health boards to deliver the revised draft working paper to local communities. As the NHS in Wales has recently gone through a complete reorganisation and also suffers from financial deficits, it will be a huge task. However, I’m confident that with innovative thinking and with the track record of FPA, we’ll make a difference.”

Training in Wales
Many varied courses were delivered in Wales in 2009. There was good take up of Sex, law and policy and our ever popular Basics of contraception. Several organisations, such as the Vale of Glamorgan local public health team, chose FPA to run Talking to young people about sexual health and Liberating life choices on their behalf.

In 2010 Newport City Council will lead the way, being the first commissioners of our new primary and secondary school-based Twilight sessions in SRE for teachers. We are thrilled to work with them on such an innovative project.

“This was an excellent course. The information was up to date, well presented and accurate.”

Monique, Contraception, STIs and young people course participant in the Vale of Glamorgan

A day in the life of … Sandra Peters, Jiwsi Officer

“The day starts with two sessions with small groups of young people with severe and multiple learning disabilities. I begin by going over the work we’ve already done. Because of their disability they can forget things quickly so I was really proud that they could still remember the names of their body parts and how and when to say ‘No!’.

Over lunch I meet a service commissioner interested in the work of FPA. The meeting goes well and she’s very enthusiastic. After lunch there’s just time to check phone messages and emails before the last group of the day with some very lively and lovely young people at a unit for those permanently excluded from school.

Before I head home the unit’s head teacher says he thinks the Jiwsi project is perfect for his pupils and books me for the next few months.”
We are delighted that FPA has secured an ongoing contract from the Department of Health to continue to run our helpline and information service (sexual health direct) in England.

New helpline services
Ask WES, our Web Enquiry Service, launched in June after a successful three month pilot. Ask WES allows people to ask sexual health questions confidentially and is a good alternative for anyone who does not feel comfortable phoning us or who prefers to contact us online.

Working with Language is Everything means we can now offer callers who don’t have English as their first language, a translation service for all their sexual health enquiries.

In 2009
45,000 people called the helpline.
1,070 people used Ask WES.

Our online Find a clinic page was viewed over 300,000 times.

“Thank you so very much for the wealth of information that you sent. I’m especially grateful because I won’t have to look for anything else beyond this.”

Melanie, Library user from London

Finding the facts
Our unique collection of resources is housed in the FPA Library and Information Service. The service helps a wide variety of people, from nurses seeking research for their course assignments, to service providers looking for evidence to support service developments. We are launching a new library database to modernise our library service so it is relevant to all our clients’ needs. During 2010 the general public will be able to start searching for books, journals and other titles conveniently and easily online, free of charge.

A worried caller to our helpline
“I felt a burning sensation every time I peed. I worried it could be chlamydia because I’d had sex without a condom. I vaguely remembered something about it being a silent infection. I was confused about what that meant so I called the FPA helpline.

The helpline staff explained that sometimes STIs cause symptoms and sometimes they don’t, but one of the symptoms of chlamydia is pain passing urine. She was very reassuring and said I should get an STI test. She even told me about the clinics near me – she couldn’t have been more helpful. I went straight there.”

New information booklets
Find out all you need to know about the contraceptive vaginal ring.

A growing number of women calling FPA want to know about LARC.

Plans for 2010
Pilot a text helpline service.
Launch the online library database.
Undergo Department of Health Information Standard quality assessment.
Publications and website

Sexual health information for everyone

FPA produces an extensive set of booklets for young people of all ages on sex, relationships and growing up. This year we made them even better. In partnership with Comic Company we have produced snappers and a mini quiz book that offer a fun way to learn about puberty and growing up.

Keeping you up to date on learning disabilities, sex and the law

Our book, Learning disability, sex and the law, is highly praised by professionals. Recently we’ve made it even more useful by including two new chapters on incest and sexually inappropriate behaviour and a more comprehensive bibliography and resource section.

New book for parents

In May 2009, we launched our new book Speakeasy: talking with your children about growing up. It gives parents and carers clear, practical information on talking about sex and relationships with their children. Available through our website and bookshops or on Amazon, it is our fastest selling title to date.

“The book is easy to read and tells you how to approach issues of sex and relationships not just with older children, but to start early.”

Kylie, parent on Speakeasy course

www.fpa.org.uk working for you

In 2009, unique visitors to our site continued to rise, with our Find a clinic and information on individual methods of contraception proving as popular as ever. We did some new research to find out what our visitors want from our website and tested the site extensively on public and professionals. This is all part of our work to create a new look site.

In 2009

- Over 1,600 copies of Speakeasy: talking with your children about growing up sold.
- Around eight million contraception and STI booklets distributed free.
- Around 45,000 unique visitors a month to our website.

Plans for 2010

- Launch the new look website.
- Launch the new online My contraception tool.
- Publish a resource for older people.

Coming soon! Choose what you use

In 2010 we will publish our new title Choose what you use: the FPA essential guide to contraception. The book highlights crucial, yet frequently overlooked lifestyle factors affecting choice of contraception.
Training
As the leader in sexual health training in the UK, our courses are available as part of an established training programme, or can be designed specifically for an organisation’s needs. And some are accredited so that participants achieve recognition of professional development on completion.

FPA offers training around pornography

*Fantasy vs reality* aims to explore the impact and influence of pornography on young people’s attitudes to sex, safer sex, their sexual development and relationships.

“It was refreshing to reflect on our own views and consider how our attitudes may affect young people.”

*Fantasy vs reality* training course participant

“Sometimes people come to the training thinking that it’s going to be difficult or that they haven’t got the skills to deliver sexual health. They leave realising that they can do it and it’s a great feeling to have facilitated that.”

FPA trainer for the *Autistic spectrum disorder (ASD), sexuality and sex and relationships* course

Membership

Join FPA!
FPA membership gives you access to a world of benefits. You can keep in touch with the latest developments in contraception and sexual health as well as receiving great discounts on publications and training. We have a wide variety of members including people working in general practices, schools, universities and the armed forces.

New courses planned for 2010

**Alcohol use, sexual activity and young people**
Looking at young people’s alcohol consumption and consequent risk taking and sexual activity, this course offers practical advice for professionals working with young people on these issues.

**The pleasure principle**
It’s time to put the pleasure back into sex! This course explores safe, educational exercises about sexual pleasure for any professionals working with young people.

**Twilight sessions for teachers**
A set of exciting, in-school twilight sessions for primary and secondary school teachers covering the main SRE elements – information, skills, attitudes and values, and handling sensitive issues.

In 2009

We ran 138 courses in England, Wales and Scotland.

We trained 1,656 people in England, Scotland and Wales.

We trained 186 people in Northern Ireland.
Finding the perfect partner for women in the UK

Finding the perfect partner: choose what you use was the slogan for this year’s Contraceptive Awareness Week in February when we matched women with their perfect contraceptive partner.

New FPA research by GfK NOP revealed that women spend just five minutes choosing their contraception, but almost half of them have had a pregnancy scare. Weight gain and mood swings came top of the list of what puts women off a particular method.

During the week we launched our new Your contraceptive choices leaflet – a handy little fold-out guide to all the 15 methods. We sent it to every general practice in the UK and the leaflet proved so popular we had to print an extra 100,000 copies. Funding from Bayer Schering Pharma helped with the printing costs.

For more information about our campaigns go to www.fpa.org.uk.

Unplanned pregnancy and STIs ... a sobering thought?

Not using a condom, regretting sexual activity and having sex with someone you normally wouldn’t find attractive – these were the results of our poll for Sexual Health Week 2009 – One too many. The research was part of the FPA campaign on the relationship between alcohol use and sexual risk taking.

Striking campaign posters featuring images by photographer Gary Bryan were part of the packs sent to every general practice, further education college and university in the UK. Hand stamps with the Enjoy sex responsibly slogan were also sent out with a leaflet of tips to help the public look after their sexual health.

In 2009

The One too many campaign reached a media audience of 30 million people.

The Finding the Perfect Partner campaign reached a media audience of 18 million people.

Plans for 2010

February campaign – Conceivable? – on unplanned pregnancy in women over 35.

Sexually transmitted infections themed week in September.
Recognising the best: The FPA national awards and prizes

SRE project wins the FPA Pamela Sheridan Award
Established in memory of Pamela Sheridan, a pioneer in SRE, this FPA award is seen as one of the most prestigious in the SRE sector.

This year the Sexual health project for vulnerable young people at NHS South West Essex Community Services scooped the prize. The project works with homeless teenage mothers to improve their sexual health, self-esteem, emotional wellbeing and aspirations.

Commenting on their win, Gemma Davison, Sexual Health Adviser for Vulnerable Young People said: “We are absolutely thrilled to get this award. There’s a crucial link between positive self-esteem and good sexual health and the project provides excellent opportunities for the young women to improve both of them.”

An SRE programme for people with Asperger’s syndrome running at South Nottingham College was highly commended.

Top FPA journalist prize goes to the Evening Standard
Andrew Neather’s Evening Standard article, The kindest cut for a family man like me, a witty, personal and honest account of his experience of being sterilised, won this year’s Rosemary Goodchild prize. The Award is an annual competition run by FPA for excellence in health journalism. It was established by the family of former FPA Press Officer, Rosemary Goodchild, who died of ovarian cancer in 1988.

Commending Andrew on his win, guest judge Jane Kirby, Health Correspondent, the Press Association, said: “As well as being entertaining, Andrew offered a refreshingly uncompromising viewpoint that looked at the myriad of insecurities and concerns men may have. Any man reading the article thinking about sterilisation would identify with Andrew’s experiences in a very positive way.”

‘It was not until my seven-year-old daughter, Clara, asked me last Thursday, “Daddy, are you worried about your willy operation?” I realized that yes, I was really quite worried. I don’t think I need to prove my virility to anyone. No, it was simply a question of pain. Never mind that it’s under local anaesthetic: the idea of a surgeon going to work on your family jewels with sharp instruments is enough to make bigger men than me quail.’

Trevor Goodchild, Award trustee, and Andrew Neather
## Financial data and accounts for 2009

### Balance sheet at 31 March 2009

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<td><strong>Fixed assets</strong></td>
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<td>Debtors</td>
<td>653,545</td>
<td>676,040</td>
<td>653,545</td>
<td>676,040</td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td>1,121,874</td>
<td>803,713</td>
<td>1,121,874</td>
<td>803,713</td>
</tr>
<tr>
<td><strong>Creditors: amounts falling due within one year</strong></td>
<td>(776,124)</td>
<td>(795,045)</td>
<td>(776,124)</td>
<td>(795,045)</td>
</tr>
<tr>
<td>Net current assets</td>
<td>1,120,962</td>
<td>1,030,796</td>
<td>1,120,962</td>
<td>1,030,796</td>
</tr>
<tr>
<td><strong>Creditors: amounts falling due after one year</strong></td>
<td>(552,000)</td>
<td>(902,000)</td>
<td>(552,000)</td>
<td>(902,000)</td>
</tr>
<tr>
<td>Defined benefit scheme deficit</td>
<td>836,725</td>
<td>406,487</td>
<td>836,725</td>
<td>406,487</td>
</tr>
<tr>
<td><strong>Income funds</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted funds</td>
<td>106,277</td>
<td>165,278</td>
<td>106,277</td>
<td>165,278</td>
</tr>
<tr>
<td>Unrestricted funds:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Revaluation reserve</td>
<td>-</td>
<td>212,800</td>
<td>212,800</td>
<td>212,800</td>
</tr>
<tr>
<td>Other charitable funds</td>
<td>1,282,448</td>
<td>930,409</td>
<td>1,282,448</td>
<td>930,409</td>
</tr>
<tr>
<td>Unrealised deficit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Defined benefit scheme deficit</td>
<td>(552,000)</td>
<td>730,448</td>
<td>(552,000)</td>
<td>241,209</td>
</tr>
<tr>
<td></td>
<td>836,725</td>
<td>406,487</td>
<td>836,725</td>
<td>406,487</td>
</tr>
</tbody>
</table>

- **Total income £ 3,909,892**
- **Total expenditure £ 3,812,654**

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 these accounts and the trustee’s annual report should be consulted. Copies of these may be obtained from the Secretary, 50 Featherstone Street, London EC1Y 8QU.
## Progress against 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.
- **✗** Extend Sexability to England and Wales.
- **✓** Run Sexability courses – reaching 280 people.
- **✓** Develop online library.
- **✓** Develop and deliver Speakeasy across Scotland.
- **✓** Train parents on Speakeasy courses.
- **✓** Deliver Raising aspirations programme (RAP).
- **✓** Publish *Choose what you use: the FPA essential guide to contraception*.
- **✓** Promote Jiwsi in Wales.
- **✓** Develop sexual health bus.
- **✓** Provide accessible information for people with disabilities.
- **✓** Launch new online Web Enquiry Service – Ask WES.
- **✓** Maintain uptake of helpline calls.
- **✓** Maintain visits to FPA website.
- **✓** Publish *Speakeasy: talking with your child about growing up*.

### 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 the Welsh Advisory Committee.
- **✓** Develop FPA helpline services in other languages.
- **✓** Run Sexual Health Week and Contraceptive Awareness Week Campaign.
- **✓** Distribute free contraception and STI booklets.

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

- **✓** Use social networking to reach different audiences.
- **✓** Launch rebrand.
- **✓** Promote contraceptive choice across the UK.

### 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 SRE becomes a reality.
- **✓** Profile the importance of sexual health at party conferences in the run up to the general election.

### Strengthen our financial independence

- **✓** Publish a range of books.
- **✗** Improve online customer shopping experience.
- **✓** Increase the number of accredited training courses.

### Key

- **✓** Achieved
- **✗** Not yet achieved
- **✗** Underway and progressing well
### Summary of key targets for 2010

<table>
<thead>
<tr>
<th>Target</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Launch the new look website.</td>
<td></td>
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<tr>
<td>Launch the new online My contraception tool.</td>
<td></td>
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<tr>
<td>Launch the online database for the library.</td>
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<tr>
<td>Pilot a text service for the helpline.</td>
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<tr>
<td>Adapt <em>All about us</em> for primary school children.</td>
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<tr>
<td>Create a CD-ROM for deaf and hard of hearing people.</td>
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<tr>
<td>Develop a book on fertility and planning a pregnancy.</td>
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<tr>
<td>Develop new relationships with homelessness organisations to expand the Sleepin’ Safe, Sexin’ Safe project across England.</td>
<td></td>
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<tr>
<td>Extend the Raising aspirations programme (RAP) to England.</td>
<td></td>
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<tr>
<td>Set up a project for homeless young people in Glasgow and Edinburgh.</td>
<td></td>
</tr>
<tr>
<td>Extend the learning disability project across London.</td>
<td></td>
</tr>
<tr>
<td>Establish a new learning disability project in Scotland.</td>
<td></td>
</tr>
<tr>
<td>Roll out Speakeasy to 1,200 people by 2011.</td>
<td></td>
</tr>
<tr>
<td>Extend Sexability beyond its current contract.</td>
<td></td>
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<tr>
<td>500 people to take away Chlamydia testing kits from the sexual health bus.</td>
<td></td>
</tr>
<tr>
<td>Launch a new homelessness project in Wales.</td>
<td></td>
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<tr>
<td>Develop a course for refugees and asylum seekers in Wales.</td>
<td></td>
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<tr>
<td>Publish contraception book.</td>
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<tr>
<td>Strengthen strategic working through the Wales Advisory Committee.</td>
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<tr>
<td>Improve online customer shopping experience.</td>
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<tr>
<td>Publish a resource for older people.</td>
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<tr>
<td>Publish sexual dysfunction and sexual wellbeing policy statements.</td>
<td></td>
</tr>
<tr>
<td>Campaign for statutory SRE.</td>
<td></td>
</tr>
<tr>
<td>Campaign to highlight the issue of unplanned pregnancy in women aged over 35.</td>
<td></td>
</tr>
<tr>
<td>Campaign to highlight how to reduce the risk of catching and passing on STIs.</td>
<td></td>
</tr>
<tr>
<td>Profile sexual health issues in the run up to and beyond the general election.</td>
<td></td>
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<tr>
<td>Host an all-Ireland conference on clinical practice in providing abortions.</td>
<td></td>
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<tr>
<td>Lobby DHSSPS to issue guidance for the provision of abortion services in Northern Ireland.</td>
<td></td>
</tr>
<tr>
<td>Continue to campaign for women’s rights to access abortion in Northern Ireland.</td>
<td></td>
</tr>
<tr>
<td>Set up an all-party Northern Ireland Assembly Group on Sexual Heath.</td>
<td></td>
</tr>
<tr>
<td>Expand sales of FPA publications overseas.</td>
<td></td>
</tr>
<tr>
<td>Undergo Department of Health Information Standard quality assessment.</td>
<td></td>
</tr>
<tr>
<td>Roll out new training courses across the UK.</td>
<td></td>
</tr>
<tr>
<td>Roll out organisation-wide management development training.</td>
<td></td>
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<tr>
<td>Conduct staff satisfaction survey and report on results.</td>
<td></td>
</tr>
<tr>
<td>Ensure FPA is driven at all times by the highest standards.</td>
<td></td>
</tr>
</tbody>
</table>
Fundraising

Help us to help more people

FPA gets 99 per cent of its income from contracts, grants, selling resources and delivering training. Hopefully this income will continue to increase over the coming years but we also want to grow the fundraising activity that contributes the other 1 per cent. This will be achieved by holding more fundraising events for the general public and companies, like those we enjoyed in 2009. Last year FPA fundraised nearly £60,000 through these events.

Dinner and dance
The annual black-tie dinner and dance – our most important fundraising event of the year – took place in the majestic surroundings of Lincoln’s Inn, Central London. Compèred by comedian Jo Brand and with expert auctioneering from broadcaster Clare Balding, 200 guests were wined, dined and entertained. Celebrity patrons Davina McCall, Beverley Turner, Janet Ellis and Dr David Bull added a touch of glamour to the evening and special thanks must go to Durex who sponsored the event. A profit of over £30,000 was raised – a fantastic achievement in a difficult economic environment.

Parachute jumps
Paul Fleming, Adam Stevens and Sallie Belton took up the challenge to do sponsored parachute jumps for FPA and together raised £1,500. Thanks to everyone for braving the experience.

“A brilliant experience; I loved it.”

Sallie, did a tandem jump over Oxfordshire in June

Running for FPA
A sunny Sunday in July was the setting for the 2009 British 10K run. Our two runners, Justin Martin and Kathryn Youngman, had the thrill of a lifetime running down the Embankment, up to the Houses of Parliament and Big Ben, around Birdcage Walk and into the splendour of the Mall. Together they raised just over £1,000. If you want to run, we have places available for the 2010 race as well as details of other running events throughout the year in your area.

Land’s End to John O’Groats
Julie Bentley, Chief Executive FPA, along with her partner Sean, cycled from Land’s End to John O’Groats in the summer – no less than 1,068 miles – through wind, rain and scorching temperatures. Bruises and aches apart, they survived unscathed and with enormous pride in knowing that they had raised nearly £12,000 – half of which was for a school in India, the other half for FPA.

FPA wants to thank everyone who helped raise money for us during 2009. To find out how you can get involved in supporting our work contact Paul, on 020 7608 5266 or paulf@fpa.org.uk.
With thanks to all those who have supported our work during 2009

**Benefactors**
- Ms Gillian Black
- Ms Claire Bull
- Ms Sandra Burns
- Dr Elaine Cooper
- Mr Michael Cox
- Dr Margaret Curtis
- Dr David Delvin
- Professor John Guillebaud
- Dr Amanda Herbert
- Mr Anthony Herbert
- Ms Juliet Hillier
- Dr Catherine Hood
- Mr Francois Hugo
- Dr Rosemary Kirkman
- Mr Robert Macleod
- Dr Diana Mansour
- Lord Richard Newby
- Dr David Paintin
- Mr David Parkinson
- HH Judge Valerie Pearlman
- Dr Juliet Peel
- Mr Bruce Picking
- Ms Mary Reilly
- Mr Robinson
- Mrs Robinson
- Professor Wendy Savage
- Mr Michael Sayers
- Ms Louise Sibley

**Key funders and sponsors**
- BASHH
- Bayer Schering Pharma
- Belfast Health and Social Care Trust
- Bertrams Trading Ltd
- Big Lottery Fund
- Bridge House Trust
- City Parochial
- Corporation of London
- Department for Children, Schools and Families
- Department of Health
- Department of Health, Social Services and Public Safety
- Durbin PLC
- Eastern Health and Social Services Board
- The Ernest Kleinwort Charitable Trust
- Exelgyn Healthcare Ltd
- Experian PLC
- Faculty of Sexual and Reproductive Healthcare
- G W Cadbury Charitable Trust
- Glaxo Smithkline UK Ltd
- Lord and Lady Goodhart
- Greenwich Teenage Pregnancy Strategy
- Health Action Zone North and West Belfast
- Health Promotion Agency for Northern Ireland

**Corporate member**
With particular thanks to Schering Plough for their corporate membership.

**With thanks to ...**
- IPPF
- Janssen-Cilag
- Lyndhurst Settlement
- Man Group PLC
- Mates Healthcare Ltd
- National Assembly for Wales
- Neighbourhood renewal funding through Lambeth PCT
- Newnorth Print Ltd
- NHS Health Scotland
- North Wales Health Authority
- The Northern Health and Social Services Board
- Pfizer Ltd
- Sanofi Pasteur
- Schering Plough
- The Scottish Executive
- Selection Services PLC
- The Southern Health and Social Services Board
- SSL International PLC (Durex)
- The Western Health and Social Services Board
- Williams Medical Supplies PLC
I do hope you have enjoyed reading this report and learning more about the dynamic work of FPA.

Two annual events in the FPA social calendar both deserve a mention – the House of Lords Reception in June and the Fundraising Dinner in November. We are very grateful to donors and sponsors who made them possible.

I would like to thank the staff and trustees of FPA for another year of hard work and commitment. A special thanks to Dr Alison Bigrigg whose tenure on the National Executive Committee (NEC) came to an end in 2009 and a warm welcome to Dr Val Day and Mike McGinley who join the NEC. And we are proud to welcome four celebrity patrons this year – television presenters Davina McCall, Janet Ellis and Dr David Bull, and comedian Jo Brand.

This year we also unveiled the five year strategic plan for FPA which was created and developed with the input of all FPA staff and trustees. As well as providing essential forward planning, it has opened up many different opportunities in terms of new priority groups and funding streams.

It is with great pride that we look towards celebrating our 80th anniversary year in 2010. When FPA started pioneering work in the 1930s, we were the only organisation that helped women and men too poor to afford contraception. Back then, not being able to control family size was often linked to extreme poverty and frequently had a seriously detrimental affect on health and relationships.

Although nowadays the effects of poor sexual health are not as extreme as they once were, they are still as real and consequential to people’s lives. We find that the groundbreaking work FPA does across the UK with young people, parents and men and women of all ages and backgrounds is as necessary today as it was when FPA first began.
In Cairo in 1994 the International Conference on Population and Development (ICPD) agreed an ambitious Programme of action. This programme was to improve sexual health and reproductive rights across the world and to achieve identified targets by 2015.

The UK was one of 184 United Nations Member States to sign up to this programme. As there are now just five years to accomplish its mission, the IPPF asked FPA to evaluate progress to date and analyse what still needs to be done. This report was *IPCD+15 Countdown to 2015*.

FPA is pleased to acknowledge that progress has been made in some areas. For example, access to services has broadened, the availability of testing for STIs has got better and the variety of methods of contraception available has improved. However, much work still needs to be done. This includes implementing statutory SRE in schools, radically improving the situation of women in Northern Ireland who are still denied access to safe and legal abortion in their country, and addressing the stigma and discrimination encountered by people who are HIV positive.
President
Baroness Gould of Potternewton

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

Patrons
Mr David Aaronovitch
Lord Alli
Ms Jo Brand
Dr David Bull
Ms Sandra Chalmers
Ms Gaynor Churchward
Dr June Crown
Ms Janet Ellis
Baroness Flather
Lady Goodhart
Rt Hon The Baroness Jay
Dame Jennifer Jenkins
Baroness Kennedy
Lord Lester
The Countess of Mar
Baroness Massey
Ms Davina McCall
Countess Mountbatten

Ms Jenni Murray
Dr Liz Nelson
Dr Miriam Stoppard
Ms Polly Toynbee
Ms Beverley Turner
Baroness Walmsley
Ms Caroline Woodroffe

National Executive Committee
(Trustees)
Chair: Mr Ian Plaistowe
Vice Chair: Mr Paul Woodward
Treasurer: Ms Tracey Marshall

Members
Dr Ushan Andraday
Dr Alison Bigrigg (stepped down in 2009)
Ms Jane Cooke
Dr Val Day
Ms Jennifer Gerber
Ms Tamara Kubba
Mr Mike McGinley
Dame Denise Platt
Ms Victoria Roberts
Ms Beverly Turner
Baroness Walmsley
Ms Caroline Woodroffe

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, 3rd floor, Ascot House, 24–31 Shaftesbury Square, Belfast BT2 7DB.
Tel: 028 90 316 100
FPA, Unit 10, Firhill Business Centre, 76 Firhill Road, Glasgow G20 7BA.
Tel: 0845 122 8663.

www.fpa.org.uk

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