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.

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IPPF Declaration of sexual health rights

FPA is one of the member associations from 170 countries of the International Planned Parenthood Federation (IPPF). It 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 Group on Sexual and Reproductive Health in the UK) to campaign for a woman’s choice on abortion.

Facebook –  www.facebook.com/fpacharity

Twitter –  www.twitter.com/fpacharity

www.fpa.org.uk
Reaching the significant milestone of our 80th birthday was a highlight of 2010. As you will read in the following pages, having reached such a mature age has not stopped FPA from continuing to break new ground and be at the forefront of championing sexual health rights. This was specially highlighted in March when we won the disability category of the Charity Awards for *All about us*, our innovative educational resource supporting the sexual health needs of people with learning disabilities.

2010 proved to be a challenging time for the not-for-profit sector as the impact of the recession really began to bite. FPA was not immune to these challenges and during the year we carried out an organisational review and as a result restructured our national office. Despite the external challenges, FPA staff supported 3,500 young people in our community projects around the UK, and 7,000 parents and professionals. We responded to almost 35,000 enquires to our information service and disseminated over 8 million information materials to GPs and sexual health services.

Partnership and collaboration continues to be important to us. We are proud our partnership with Centrepoint continues to flourish. We have secured further funding to expand our work supporting homeless young people with issues of relationship violence. We were delighted to launch with Brook ‘My contraception tool’ – the UK’s first online software to help contraceptive decision making. The local influencing project ‘SHout Loud’, delivered in partnership with other leading sexual health charities, has continued to successfully support individuals across England to influence the commissioning and delivery of their sexual health services.

I hope you enjoy reading about our 80th birthday year. Thank you for your interest in our work. FPA looks forward with optimism to the challenges and opportunities in 2011 and we recognise that support for our work will be even more critical than ever as we face cuts to our services. FPA is ready and able to respond to the increased demand for support, information and advice, and we will strive to deliver our services as efficiently as possible.

Applying our resources wisely will ensure that our beneficiaries continue to receive the high calibre support they have come to expect from us.

Warmest wishes

Julie Bentley
Chief Executive FPA

**FPA Achievers**

FPA Achievers is an exclusive club for those who have made a significant contribution to sexual health services over a number of years. From family planning nurses to chief executives, we recognise their incredible contribution to the nation’s wellbeing. Their efforts, dedication and, in some cases, real bravery have helped make the UK a more educated and tolerant country which is now more at ease with itself in respect of sexual health and relationships. Our achievers’ event in May, brought together more than a hundred leading figures from the past 80 years to celebrate their successes and acknowledge their contributions.
Parents and carers

Over the last 80 years, a constant theme in our work has been the help and support we provide to families, parents and carers. Our Speakeasy project gives parents the skills and information to talk to their children about sex and relationships and has achieved phenomenal results. It has won an award, produced a book and made a huge difference to the people who have attended the course.

Speakeasy in Scotland

In 2010 Speakeasy in Scotland celebrated two major milestones – we helped our 400th parent and trained our 100th facilitator. Over 120 parents attended our first parents’ award celebrations in Glasgow and Dundee to mark the achievements of everyone involved in Speakeasy.

The Young People in Focus evaluation of Speakeasy’s second year reflected positively on achievements and outcomes from parents who said they had benefited hugely from the course. As part of a health and wellbeing event we also delivered workshops for students at the University of Strathclyde.

“Lanarkshire has large numbers of parents and carers who want to talk to their children about sex and relationships and need support to do this. Speakeasy helps ensure that we meet these needs.”

Jude Irwin, Senior Health Improvement Officer, NHS Lanarkshire

“Speakeasy turned the big conversation with my children into a normal conversation. I find it much easier to interact with them now and to respond to any questions they have about sex.”

Ian Gallacher, parent on Speakeasy course in Scotland

“Speakeasy gave me a lot of confidence and I feel I know what I’m talking about now – I’m even helping my daughters’ friends with their questions. It was a fantastic experience.”

Karen McGuire, parent on Speakeasy course in Scotland

Speakeasy Scotland takes to the waves

Travelling to work on a 40 minute ferry crossing escorted by porpoises was a novel experience for our facilitators delivering Speakeasy courses on the Isle of Bute. Partnering up with Achievement Bute we delivered courses to mums and dads on the island.

Speakeasy in Northern Ireland

The Speakeasy team in Northern Ireland worked with parents from a wide variety of locations – from inner city Belfast to rural areas.

With the Open College Network (OCN) we provided training for a group of mums who wanted qualifications to help
Some of our Scottish mums and dads display their Speakeasy certificates at their award ceremony in September

We had a number of young parents saying how they were going to use Speakeasy with their children and their siblings even.”

Gemma Wittingdon, Speakeasy Facilitator, York

In 2010

4,022 parents completed a Speakeasy course.

1,546 parent learners and 345 professionals received accreditation.

1,400 parenting professionals were trained to deliver Speakeasy.

9–11 was the average age of the children of parents attending Speakeasy.

61 parents of children with a learning disability attended courses in Westminster.

Working with parents of children with a learning disability

In London, our sexual health and relationships programme works intensively with parents of people with learning disabilities. Parents are introduced to the course and encouraged to attend training and workshops to learn more about the subject and issues themselves.

93 per cent of FPA staff are proud to be part of the FPA team.
Plans for 2011

- Continue to advocate for the important role of parents in supporting children with sex and relationship education.
- Deliver Speakeasy to foster carers and the professionals supporting them.
- Deliver commissioned Speakeasy training across England, Scotland and Wales.
- Create a Speakeasy Facebook page for parents.
- Run a Speakeasy course targeted at dads and the professionals who work with them.

“Your course and advice are extremely precious to carers. It throws light on questions, concerns, problems, anxieties that all parents have when dealing with such a delicate subject with a disabled child.

When I listened to you I had to force myself to think the unthinkable and to imagine situations where I wouldn’t want my child to be lost or without an answer. I think every parent should attend.”

Margaret Supranen, parent, London

Fundraising

Trustee Tracey Marshall (second from the left) had the experience of a lifetime when she trekked up Kilimanjaro to raise over £2,000 for FPA.
Young people

Supporting personal responsibility and informed decision making

PA education programmes running across the UK give young people the information they need to take personal responsibility for themselves. We support them to make informed decisions about their health, their relationships and their future.

The Teenage Pregnancy Strategy ended this year – an initiative we’ve been heavily involved in. We’re delighted that the most recent figures showed the lowest rates of teenage pregnancy in thirty years. The Strategy finished in 2010, but our work on this pressing social issue continues.

Sexability: skillng young people for life and work

Sexability is a project for young people in West Scotland. As well as working with them on sex and relationships issues the project also prepares them for work and life skills programmes as part of the Government’s NEET (Not in Education, Employment and Training) scheme.

Whether we’re delivering one-off sessions to young people in mainstream schools or six-week programmes to young boys with emotional and behavioural difficulties, Sexability reaches those most in need. Our courses for young carers and young people with substance misuse problems have proved especially valuable to participants, many of whom are vulnerable. New partnerships with organisations such as the Prince’s Trust and the Universities of Glasgow and Edinburgh have helped us reach more young people needing our support.

“Made me realise men can be raped too.”

Mackie, young person on Sexability course, Glasgow, aged 16

“After you left, two of my group asked to speak to me. They said that after your session they decided that it would be a good idea to go to the clinic to get checked out. They said it had really made them think about STIs and about looking after themselves.”

Hazel, NEET youth worker, Glasgow West Regeneration Agency

Choices: improving young women’s qualifications and life chances

Working entirely with younger women in all of Northern Ireland, Choices develops communication and assertiveness skills, focusing on topics such as relationships, building self-esteem, confidence and negotiating skills, sexuality and sexual health.

The project works with Alternative Education Projects
(health and education programmes for young people excluded from school) so that young women attending our courses can gain a qualification and recognition to help them build a stronger future. The high standard of our courses also means we have been able to create a package for the Open College Network. Our work in mainstream high schools continues, with huge support from young people and professionals.

“After talking to you last week I talked with the girl bullying my friend and asked her to stop because she was upsetting her. The bully said ‘sorry’ and stopped being mean.”

Kylie, young woman on Choices course, Belfast, aged 14

“So what does sex actually mean? Everyone says don’t do it, but what is it?”

Gabriella, young woman on Choices course, Belfast, aged 13

### In 2010

- **558** young people attended a Sexability course.
- **58** Sexability sessions were run.
- **131** Choices sessions were held.
- **1,116** young people took part in Choices.
- **35** RAP courses and presentations were run.
- **897** people attended RAP.
RAP (Raising Aspirations Project)

We know that low aspiration and low attainment can increase young people’s risk of unplanned pregnancy and sexual risk taking.

The Raising Aspirations Project (RAP) helps young people achieve their potential and take advantage of all of life’s opportunities. Workshop sessions introduce them to topics such as sexual identity, problem solving, building resilience and communication skills.

RAP has grown significantly over the year and is now involved in projects such as reducing anti-social behaviour in young people from a neighbourhood renewal area and helping a community based women’s support group.

RAP also represents FPA on the Well Being Action partnership which reports on health issues within the local and regional community.

“I learned what negotiations mean and tried it out. It works!”

Douglas, young man on RAP, Newry City, aged 16

“I’m finding this course so interesting and learning so much about stuff I thought I already knew.”

Joan, parent on RAP, Newry

Plans for 2011

Establish a youth advisory committee to guide our youth-facing work.

Use social media to reach more young people with information; build Facebook, Twitter and YouTube use.

Directly work with at least 5,000 young people across the UK in our community projects.

Make sure that anti-choice attempts to reduce and restrict young people’s access to contraception in England are opposed.

Launch an FPA internship for journalism.

The FPA London young volunteers and internships scheme

Young people leaving education need solid work experience to get that first job. In response, FPA has started a volunteer and internship programme. More than ten young people have already gone on to secure a job after volunteering in our Fundraising and Parliamentary departments.

“Volunteering at FPA looks great on my CV.”

Sarah Hadfield, FPA volunteer, Fundraising

Fundraising

A one night stand with Jo Brand and friends was our 2010 comedy night fundraiser. Jo, Mark Thomas, Matt Green and other guests entertained over 300 people and helped us raise nearly £5,000 for our work with young people.
Some groups in society need more specialist sexual health support than others. Whether working with homeless young people in Durham, running education courses for young offenders in North Wales or delivering programmes for autistic young people in London and Belfast, FPA leads in providing non-judgemental, factual, evidence based information and support. Building resilience and trust means more vulnerable groups can have more independent lives and improved wellbeing.

Learning disabilities

The Westminster sexual health and relationships programme

This project in London supports people with a range of learning disabilities, their parents, carers and professionals working with them. In partnership with Westminster City Council, sex and relationships education (SRE) sessions are tailored to meet individual abilities.

Coping with puberty, sexual identity and sexual feelings can be more difficult for people with learning disabilities who might be struggling to understand their emotions and their body. Using pictures, easy-read materials, group and one-to-one sessions, we have worked across Westminster with huge success – 98 per cent of people with learning disabilities circled the happy/okay face when responding to ‘Did you like today’s session?’

We also work with support staff from organisations such as housing associations and day centres, helping them to support people with learning disabilities to have healthy friendships and sexual relationships. Find out more about our work with parents of children with learning disabilities on page 5.

“I’ll encourage staff to be more open about service users’ sexual needs. The whole course was brilliant.”

Reuben, Support Worker, Westminster course participant

Just Ask

Just Ask was our first community SRE programme for people with learning disabilities. Working across Northern Ireland, the programme is open to people of any age. It has made a tremendous difference to their lives. FPA is the leading organisation in this specialist field.
This year we ran courses with teachers in Knockevin and in other schools for people with specific educational needs, enabling them to support their students and the whole school community.

**Jiwsi: targeting socially and geographically isolated youngsters**

Jiwsi is one of our longest running projects. It works with groups of vulnerable young people under 25 in North Wales. As North Wales is a large rural area it is harder for young people to travel to clinics and get information. To balance this, Jiwsi delivers no-nonsense, accessible SRE sessions over several weeks.

The project specialises in running educational courses for children and young people who simply cannot get this kind of educational programme anywhere else. For example, children with profound learning disabilities, young offenders and excluded children are just some of the people we support.

Working with a local genitourinary medicine (GUM) service and the Red Cross Mobile Youth Outreach Service, Jiwsi also provides a chlamydia testing service. Young people pick up kits from a bus, do a quick and simple test, and post them free to the GUM clinic.

“Because when you grow up and have a boyfriend you will need to know all of these things.”

Angharad, young person on Jiwsi project, Wrexham, aged 12

“Th...
Sleepin’ Safe, Sexin’ Safe: reaching out to homeless young people

Homeless young people can find themselves at extraordinarily high levels of sexual health risk taking. Equipping them with practical help and information means they can start looking after themselves. Working in partnership with Centrepoint, our projects in Durham and London give young people living in hostels sexual health information, skills and confidence to help keep themselves safe on the streets.

Linking up with the chlamydia testing service in Durham, Sleepin’ Safe, Sexin’ Safe has provided testing kits to young people in hostels and the hostels have now become distribution centres for the kits. Sleepin’ Safe, Sexin’ Safe is also working with health staff on joint drop-in and session work.

Homeless young people who have completed the Sleepin’ Safe, Sexin’ Safe programme are now getting together at East Durham College where they can find out more about the college, training, benefits and free furniture to help them move into rented accommodation.

In London we also run a peer education programme enabling young people to deliver training themselves. Some of our trainees have also gone on to complete accredited FPA training courses – a huge personal achievement for them.

“It was helpful because it covered areas like friendship and self-esteem as well as sex and sexual relationships.”

Stephan, Peer Educator, Soho, London

Plans for 2011

Adapt All about us CD-ROM for deaf and hard-of-hearing people.

Expand our work with homeless young people in England.

Support the sexual health and relationship needs of learning disabled people in England and Northern Ireland and their parents and support professionals.

Influence public and political thinking, lobby and campaign for the sexual health rights of people with learning disabilities across the UK.

Develop a sexual health educational resource for people with physical disability.

Deliver JIWSI project across north Wales reaching vulnerable young people and supporting the professionals who work with them.

Deliver support to homeless young people around relationship violence in partnership with Centrepoint.

Deliver a roving chlamydia testing service in North Wales in partnership with Red Cross.

Fundraising

Our annual fundraising dinner and dance took place in the majestic surroundings of Plaisterer’s Hall, London. Celebrities and other FPA supporters raised £20,000 to help the work of FPA.

Left to right: Dr David Bull, Cleo Rocos, Amelia and Matthew Wright
Informed individuals

Easily accessible help and information on sexual health

Answering your queries by phone or online

Whether it’s a mum ringing on behalf of her daughter about contraception, or a man worried about unprotected sex, the FPA sexual health direct helpline is the first place the public turn to for confidential, evidence based information and advice. We make clinical information easy to understand and offer expertise and support. Ask WES, our online enquiry service was launched in 2009 and provides a confidential service for those who prefer to put their enquiry in writing. The sort of calls we receive do change and during 2010 we have seen a steady rise in enquiries about sexual function and dysfunction.

Our translation service means that we can provide a service to people whose first language is not English, and behind the scenes we have been improving our call handling technology.

91 per cent of FPA staff feel their line manager provides them with a positive role model.

“Not only did she have an impressive knowledge of my problem but she also knew where I needed to go for more help and advice.”

Michael, Liverpool, aged 26

Unplanned pregnancy counselling service in Northern Ireland

FPA in Northern Ireland offers a counselling service for women with an unplanned pregnancy. Abortion is legal in Northern Ireland but only available in exceptional circumstances and is governed by legislation dating back to 1861.

Despite having to travel long distances and cross anti-choice pickets to reach us, women come to us because we are the only service in Northern Ireland offering a non-judgemental, non-directive confidential and safe place to explore feelings around unplanned pregnancy.

Providing patient information

FPA provides the NHS in England with patient information booklets on contraception, sexually transmitted infections and pregnancy, delivering over 8 million a year to GPs, clinics and hospitals.

New publications in 2010

FPA launches first consumer book on contraception

Supported by FPA patron Davina McCall, in 2010 we published Choose what you use: the FPA essential guide to contraception.

“This book is a great read and I’ll certainly keep it on my shelf. It put my mind at rest by quieting those niggling queries I had.”

Davina McCall, TV presenter
www.fpa.org.uk has new look!

After extensive consumer research and testing we gave our website a fabulous new makeover and re-launch. It has a fresh new design and simpler routes for visitors to find what they are looking for.

“Congratulations on your new, clear, clean, professional site! As a friend of FPA, I’m really proud to signpost people there.”

Juliet Hiller

A popular read, the *Choose what you use* contraception book

Fundraising

Trustee Sophie Lumley and her friends ran a combination of 10k runs and half marathons and raised £500 for FPA.
My contraception tool: personalised online information for the public

FPA and young people's sexual health charity Brook launched the world’s first contraception online decision making aid in July. It helps people visiting our website choose the contraceptive method that best suits them.

In 2010

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>34,000</td>
<td>people called the FPA helpline.</td>
</tr>
<tr>
<td>1,600</td>
<td>Ask WES enquiries were answered.</td>
</tr>
<tr>
<td>24–35</td>
<td>was the average age of our callers.</td>
</tr>
<tr>
<td>394</td>
<td>women received counselling.</td>
</tr>
<tr>
<td>150,000</td>
<td>people visited the website every quarter.</td>
</tr>
<tr>
<td>22,000</td>
<td>users visited My contraception tool.</td>
</tr>
<tr>
<td>450</td>
<td>people started following us on Twitter.</td>
</tr>
<tr>
<td>590</td>
<td>people became FPA Facebook fans.</td>
</tr>
</tbody>
</table>

FPA Library and Information Service

The FPA Library and Information Service is a unique resource for researchers, health professionals and journalists. A new online library catalogue was developed in 2010 holding details of books and reports in the library, as well as selected journal articles. This has enabled us to make our service available more widely.

“Are there any studies evaluating pharmacy provision, via PGD or equivalent, of emergency contraception?”

Enquirer from the Wales Public Health Observatory

“Do you know of anything that would help a school nursing team develop a sexual health service policy?”

Baz, SRE Outreach Worker

“I wish I’d called you first. I got the information I needed within minutes.”

Andrew, MP’s researcher

Social networking: new ways of communicating

In 2010 we joined Twitter and overhauled our Facebook presence to help us connect with more people and organisations. Health professionals, SRE teachers, students, and other charities are among the many now following us.

Get involved

Follow us on twitter @ FPACHarity and facebook.com/fpacharity.

View photographs of FPA events at www.flickr.com/fpacharity.

Watch our videos on www.youtube.com/fpauk.

Plans for 2011

Launch a new find-a-clinic text service.

Develop a clinic finder app.

Develop a passworded members’ section on the website.

Provide unplanned pregnancy counselling service to women in Northern Ireland.

Launch a fertility book.

Provide online information on all aspects of sexual health.

Provide contraception and STI leaflets to support patient consultations in England.

Adapt All about us for primary age children.
FPA: a leader in sexual health campaigning

The sexual health of older people was the theme for the 2010 national campaigns.

Conceivable? – unplanned pregnancies in the over 35s was the topic for Contraceptive Awareness Week. Designed to counter the message that infertility and age are automatically linked, the campaign received huge media attention. It was featured on Radio 4’s Today programme and Channel 5 News with a media audience of over 120 million people.

For Sexual Health Week we focused on sexually transmitted infections in people over 50 with our campaign The Middle-age Spread. Following the rise of sexually transmitted infections among the baby boomer generation, we reminded people over 50 to look after their sexual health, using a series of fashion adverts from the 1970s. The campaign featured on Woman’s Hour and ITV’s Lorraine Kelly, reaching over 40 million people.
Training the country’s professionals

Tailor-made solutions to society’s sexual health issues

Training in Great Britain

Our innovative training has come to the attention of new commissioners this year including the Isle of Man Department of Health, Elfrida Society, Brook Birmingham, Torfaen Public Health and the Shetland Youth Information Service.

As lead trainers for the Durex Catalyst Project we’ve run courses for professionals working with young people who are new to sexual health work and sexual health training.

We also delivered training and consultancy to Swindon Borough Council’s Children Services to train their staff in Core competencies in sexual health for youth workers and assist in session planning.

New courses this year

The pleasure principle (sexual health, pleasure and sexuality).

Alcohol use, sexual activity and young people.

“Excellent content . . . a well thought out and presented course that reinforced my current practice and also offered new ideas, a very well spent use of time.”

Paulette Kingston, School Nurse, Manchester

North Wales which meets four times a year.

In 2010

<table>
<thead>
<tr>
<th>106 courses were delivered.</th>
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<tbody>
<tr>
<td>1,204 people attended courses across the UK.</td>
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Plans for 2011

Launch a new Understanding and managing sexual harassment in the workplace course.

Expand Twilight teacher training courses.

Develop training to explore consent, privacy and life stages.

Deliver a course aimed at counselling agencies, to support the inclusion of women’s experience of unplanned pregnancy and abortion.

Training in Northern Ireland

This year all our training and consultancy in Northern Ireland has been bespoke. Supporting the development of positive sexuality and sexual health environments for people with learning disabilities continues and we have maintained strong working relationships with health
and social care trusts, voluntary organisations and schools. We also continue to provide short sessions to trainee GPs, and established GP practices.

“Your excellent training really made me think about values and attitudes around sex.”

Jane Sands, Key worker in learning disability team, London

“Excellent training – very beneficial to me as a team leader. I will use this course and create a topic scheme for my lessons.”

Gary Chisholm, Teacher, Bournemouth

FPA takes its parents’ training to Macedonia

Funded by the IPPF, our Just Ask learning disability project went to Macedonia to train a group of 24 professional staff and parents. Delivered on the back of similar training in Latvia last year, groups were made up of advocacy workers and pioneers raising awareness of the sexual and human rights of people with learning disabilities in Eastern Europe. It was a fantastic experience and a reminder of our own ethos towards creating quality sexuality and sexual health training and services for all. It also led to some important new contacts and relationships between the UK and Eastern Europe.
Advocacy across the UK

Working with leading decision makers to improve the nation’s sexual health

Advocacy in Westminster

In preparation for the May general election we kicked off the year with a series of political events for MPs and parliamentary candidates called Sexual health in your constituency. Our election pledge – FPA Make sex a priority – received support across all the main parties.

As the election saw the highest intake of new MPs in 60 years, we have been busy establishing new contacts and relationships. We also met with leading public figures including Conservative Public Health Minister Anne Milton MP and Liberal Democrat Children’s Minister Sarah Teather MP.

The renamed Westminster All-Party Parliamentary Group on Sexual and Reproductive Health in the UK has 40 members including 19 new ones.

Two early day motions were supported by the Westminster and Scottish parliaments highlighting the need for a quadrivalent HPV vaccine to protect against genital warts as well as cervical cancer.

A new NHS in England

The NHS white paper Equity and excellence: liberating the NHS proposed unprecedented changes to the NHS. Working with other sexual health charities we lobbied hard to highlight the role of sexual health services. This paid off when the Government announced that integrated sexual health services, including abortion services, would be part of the new Public Health Service. We look forward to continuing to influence the delivery of strong sexual health services in the context of cuts to public spending.

Fringe meetings at party political conferences

Hearing the unheard voice was the theme for our joint fringe meetings with the Royal Pharmaceutical Society of Great Britain and the British Dental Association. Our Chief Executive Julie talked about our work with homeless young people, older people and people with learning disabilities. We also held

Fundraising

Team FPA completed The British 10K run in July raising over £700.
meetings at with the leaders of Liberal Youth and Conservative Future about access to sexual health services and the importance of high quality, statutory SRE.

Advocacy in Wales
FPA met with Assembly Members at the National Assembly for Wales, and with the Welsh Liberal Democrats Health Policy Team to discuss plans for sexual health. The FPA Wales Advisory Committee welcomed a new member, Dr Jo Hoddinott, a consultant in sexual and reproductive health from Hywel Dda Health Board in west Wales. We extend a warm welcome to her and our thanks go to Dr Charlie Fleming who stood down from the committee in summer.

Advocacy in Scotland
Our campaigns promote cutting edge issues in sexual health and we were delighted that the 2010 Sexual Health Week was supported by the Scottish Parliament. A motion for the campaign was tabled in the Scottish Parliament by Dr Ian McKee MSP. FPA also met with leading MSPs to highlight issues around sexual health services in Scotland.

Advocacy in Northern Ireland
We are extremely proud to announce the creation of an All Party Assembly Group on Sexual Health in the Northern Ireland Assembly in Stormont. This is a tremendous achievement given the issues around abortion and sexual health in Northern Ireland. There are many protocols required to do this, including the need for the group to consist of at least ten members of the legislative assembly (MLAs) and that those MLAs have to represent Unionist, Nationalist and Alliance members. Undeterred, and following almost a year of preparation by FPA, the inaugural meeting took place in May 2010.

We also submitted an extensive document of evidence to the Committee on the Elimination of Discrimination Against Women, in partnership with Alliance for Choice and the Northern Ireland Women’s European Platform. We hope that this will lead to an inquiry into the provision of abortion services in Northern Ireland.

The All-Ireland Conference on Abortion and Clinical Practice for health professionals
An unprecedented historical event took place in October when health professionals from Northern Ireland and the Republic of Ireland gathered in Newcastle, County Down, for the first all-Ireland abortion conference.

Jointly organised by FPA and the Irish Family Planning Association, the conference attracted leading professionals as speakers and covered the latest developments in abortion provision as well as issues such as post-abortion care – vitally important for so many Irish women returning from having an abortion abroad.

“It was so valuable to have the opportunity to learn about the latest clinical best practice.”

Health Professional

91 per cent of FPA staff feel valued within the organisation.

1,900 candidates were contacted during the general election campaign.

In 2010

42 responses to public consultations were submitted.
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 trustees’ annual report should be consulted. Copies of these may be obtained from the Secretary, 50 Featherstone Street, London EC1Y 8QU.

<table>
<thead>
<tr>
<th></th>
<th>Income</th>
<th>Expense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual health direct</td>
<td>34% 1,329,190</td>
<td>34% 1,387,382</td>
</tr>
<tr>
<td>Publications income</td>
<td>18% 736,110</td>
<td>16% 629,620</td>
</tr>
<tr>
<td>Training and consultancy income</td>
<td>6% 246,756</td>
<td>6% 225,012</td>
</tr>
<tr>
<td>Governance costs</td>
<td>- 1% 19,909</td>
<td>19,909</td>
</tr>
<tr>
<td>Core funding</td>
<td>8% 343,230</td>
<td>9% 343,230</td>
</tr>
<tr>
<td>Investment income</td>
<td>1% 59,718</td>
<td>-</td>
</tr>
<tr>
<td>Voluntary income</td>
<td>2% 72,671</td>
<td>1% 47,222</td>
</tr>
<tr>
<td>Fundraising</td>
<td>1% 55,633</td>
<td>2% 81,399</td>
</tr>
<tr>
<td>Other</td>
<td>2% 73,800</td>
<td>73,800</td>
</tr>
<tr>
<td>Project income</td>
<td>30% 1,226,455</td>
<td>30% 1,200,500</td>
</tr>
</tbody>
</table>

Total Income £4,069,763

Total Expenditure £4,008,074

These charts show the distribution of income and expenditure for the year 2010.
## How are we doing?

### Progress against key targets for 2010

<table>
<thead>
<tr>
<th>Status</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>Launch the new look website</td>
</tr>
<tr>
<td>✓</td>
<td>Launch the new online My contraception tool</td>
</tr>
<tr>
<td>✓</td>
<td>Launch the online database for the library</td>
</tr>
<tr>
<td>✓</td>
<td>Pilot a text service for the helpline</td>
</tr>
<tr>
<td>✓</td>
<td>Create a DVD-ROM for deaf and hard-of-hearing people</td>
</tr>
<tr>
<td>✓</td>
<td>Profile sexual health issues in the run up to and beyond the general election</td>
</tr>
<tr>
<td>✓</td>
<td>Extend the Raising Aspirations Project (RAP) to England</td>
</tr>
<tr>
<td>✓</td>
<td>Extend the learning disability project across London</td>
</tr>
<tr>
<td>✓</td>
<td>Establish a new learning disability project in Scotland</td>
</tr>
<tr>
<td>✓</td>
<td>Roll out Speakeasy to 1,200 people by 2011</td>
</tr>
<tr>
<td>✓</td>
<td>Extend Sexability beyond the current contract</td>
</tr>
<tr>
<td>✓</td>
<td>Give out 500 chlamydia testing kits from the sexual health bus</td>
</tr>
<tr>
<td>✓</td>
<td>Launch a new homelessness project in Wales</td>
</tr>
<tr>
<td>✓</td>
<td>Strengthen strategic working through the Wales Advisory Committee</td>
</tr>
<tr>
<td>✓</td>
<td>Publish sexual dysfunction and sexual wellbeing policy statements</td>
</tr>
<tr>
<td>✓</td>
<td>Campaign for statutory SRE</td>
</tr>
<tr>
<td>✓</td>
<td>Campaign to highlight unplanned pregnancy in over 35s</td>
</tr>
<tr>
<td>✓</td>
<td>Campaign to highlight the risk of sexually transmitted infections</td>
</tr>
<tr>
<td>✗</td>
<td>Develop new relationships with homelessness organisations to expand Sleepin' Safe, Sexin' Safe across England</td>
</tr>
<tr>
<td>✓</td>
<td>Host an all-Ireland conference on clinical practice in providing abortion</td>
</tr>
<tr>
<td>✓</td>
<td>Lobby DHSSPS to issue guidance for the provision of abortion services in Northern Ireland</td>
</tr>
<tr>
<td>✓</td>
<td>Continue campaigning for women's rights to access abortion in Northern Ireland</td>
</tr>
<tr>
<td>✓</td>
<td>Set up an all-party Northern Ireland Assembly group on sexual health</td>
</tr>
<tr>
<td>✓</td>
<td>Set up a project for homeless young people in Glasgow and Edinburgh</td>
</tr>
<tr>
<td>✗</td>
<td>Expand sales of FPA publications overseas</td>
</tr>
<tr>
<td>✗</td>
<td>Improve online customer shopping experiences</td>
</tr>
<tr>
<td>✓</td>
<td>Roll out new training courses across the UK</td>
</tr>
<tr>
<td>✓</td>
<td>Publish a book on contraception</td>
</tr>
<tr>
<td>✓</td>
<td>Publish a resource for older people</td>
</tr>
<tr>
<td>✗</td>
<td>Adapt All about us for primary school children</td>
</tr>
<tr>
<td>✓</td>
<td>Develop a book on fertility and planning a pregnancy</td>
</tr>
<tr>
<td>✓</td>
<td>Roll out organisation-wide management development training</td>
</tr>
<tr>
<td>✓</td>
<td>Conduct a staff satisfaction survey and report on results</td>
</tr>
<tr>
<td>✓</td>
<td>Ensure FPA is driven at all times by the highest standards</td>
</tr>
</tbody>
</table>

### Key

- **✓**: Achieved
- **✗**: Not yet achieved
- **△**: Underway and progressing well
Establish a youth advisory committee to guide our youth-facing work.

Use social media to reach more young people with information; build Facebook, Twitter and YouTube usage.

Deliver roving chlamydia testing service in North Wales in partnership with Red Cross.

Directly work with at least 5,000 young people across the UK in our community projects.

Make sure that anti-choice attempts to reduce and restrict young people’s access to contraception in England are opposed.

Launch new Understanding and managing sexual harassment in the workplace course.

Expand Twilight teacher training courses.

Develop training to explore consent, privacy and life stages.

Deliver a course aimed at counselling agencies, to support the inclusion of women’s experience of unplanned pregnancy and abortion.

Launch a hearing impairment version of All about us.

Support the sexual health and relationship needs of learning disabled people in England and Northern Ireland, their parents and support professionals.

Influence public and political thinking, lobby and campaign for the sexual health rights of people with learning disabilities across the UK.

Develop a sexual health educational resource for people with a physical disability.

Deliver JWISI project across north Wales reaching vulnerable young people and supporting the professionals who work with them.

Deliver support to homeless young people around relationship violence in partnership with Centrepoint.

Continue to advocate for the important role of parents in supporting children with sex and relationship education.

Deliver Speakeasy to foster carers and the professionals supporting them.

Deliver commissioned Speakeasy training across England, Scotland and Wales.

Create a Speakeasy Facebook page for parents.

Run a Speakeasy course targeted at dads and the professionals who work with them.

Launch a clinic text service and phone app.

Provide unplanned pregnancy counselling service to women in Northern Ireland.

Launch a fertility book.

Provide online information on all aspects of sexual health.

Provide contraception and STI leaflets to support patient consultations in England.

Adapt All about us for primary age children.

Establish all-Ireland pro-choice health professionals’ forum.

Continue to lobby for rights of women to abortion in Northern Ireland by securing funding for procedure and travel.

Organise all-Ireland abortion advocacy delegation to Washington DC, USA.

Deliver a joint policy and parliamentary function with Brook to increase amplification of messages around young people.

Lobby to make sure all decisions about sexual health services are based on current clinical evidence.

Develop a passworded members’ section on the website.

Continue lobbying for statutory SRE in England.

Make sure sexual health is recognised as a key public health issue in England.

Expand our work with homeless young people in England.

Organise a joint national sexual health award and dinner with Brook.

Hold a successful sexual health awareness week focussing on supporting parents.

Use new technologies to ensure the UK population can easily access up-to-date sexual health information.

Secure the Department of Health Information standard.

Make sure all FPA information is of the highest clinical standard and factual accuracy.

Annual staff survey achieves over 90 per cent staff satisfaction.

Use IPPF charter on sexual rights to guide all of our work.
The FPA awards season

FPA has been the proud benefactor and recipient of nationally recognised awards in 2010

FPA wins national charity award

We were over the moon after walking away with a prize at the prestigious Charity Awards 2010 for All about us, a groundbreaking CD-ROM on sex and relationships for people with learning disabilities. All about us won the Disability category at a gala presentation dinner held on Thursday 10 June at the Grosvenor House Hotel in London.

Singer and actress Barbara Dixon presented the award to FPA Chief Executive Julie Bentley, who said:

“We were the only non-disability organisation in the category, so winning this award is a huge achievement. This is a great accolade for everyone in FPA and especially our team in Northern Ireland who produced All about us and worked with Aurion Learning to make it the effective and engaging resource that people like so much.”

FPA sets the benchmark in excellence in sex and relationships education (SRE)

Joint winner of the FPA Pamela Sheridan Award 2010, celebrating best practice in SRE, was Talk About Choice, a project to inform teenagers in London about pregnancy options. The course was run by pro-choice UK charity Education for Choice (EFC) in London schools and youth centres. Lisa Hallgarten of EFC said:

“The young people we meet through Talk About Choice inspire us every day with their thoughtful comments and questions, and enthusiastic engagement. “

Sharing the prize was a Brook programme called All Different, All Beautiful, aimed at small groups of vulnerable 13- to 19-year-olds in the Wirral, that helps young people explore issues around sexual health and relationships. Kai Wooder of Brook said:

“Brook’s programme encourages young people to take responsibility for their choices and actions, gain confidence as individuals and base their decisions on their own needs and identified values.”

Established in memory of Pamela Sheridan (1911–94), an early sex education pioneer, the award celebrates best practice in SRE.

The FPA prize for writing about sexual health goes to … Good Housekeeping

The Rosemary Goodchild Award 2010 went to Good Housekeeping for a survey on sexual pleasure called Yes! Yes! Yes! Our guide to sex and the grown-up woman. The judges described the winning article as “entertaining, informative and enlightening.”

FPA guest judge, journalist Jane Collins, Assistant Editor of Bella magazine, said:

“Whoever said sexual pleasure was the preserve of the young or that everything about ageing is negative needs to read this feature. Entertaining, informative and enlightening, this is perfectly pitched at its readership. It actually made me look forward to being in my 50s and 60s.”

The Rosemary Goodchild Award was established by the family of former FPA Press Officer Rosemary Goodchild, who died of ovarian cancer in 1988.
With thanks to all those who have supported our work during 2010.

Key funders and supporters
- Awards for all
- BASHH
- Bayer Schering Pharma
- Belfast Health and Social Care Trust
- Bertrams Trading Ltd
- Big Lottery Fund
- Department for Education
- Department of Health
- Department of Health, Social Services and Public Safety
- Durbin PLC
- Faculty of Sexual and Reproductive Healthcare
- G W Cadbury Charitable Trust
- Glaxo Smithkline UK Ltd
- IPPF
- JRSST Charitable Trust
- Mates Healthcare Ltd
- MSD
- National Assembly for Wales
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- Public Health Agency (North)
- Public Health Agency (South)
- Public Health Agency (West)
- PWPFS Print and Design
- Reckitt Benckiser (UK) Ltd
- Safex Ltd
- Sanofi Pasteur
- Selection Services PLC
- The Scottish Executive
- Trust for London
- Westminster PCT
- Williams Medical Supplies PLC
Chairman’s thanks

Ian Plaistowe, Chairman FPA

It’s with great pride that, as Chairman, I close an annual report that celebrates 80 years of FPA. The UK is a dramatically different place now to that of 1930 when we first began as the Birth Control Council. Nevertheless the needs of people to have clear and factual sexual health information and education remains just the same today as it was then.

Despite a difficult financial year across the whole of the voluntary and public sector, we have had a number of highlights. The annual FPA reception in the House of Lords in June gives us an opportunity to thank our many supporters and friends. As part of our anniversary we dusted down archive material, and set up a public exhibition showcasing our work across the years.

Plaisterers’ Hall was the setting for our annual Fundraising Dinner. Matthew Wright, Hardeep Singh-Kohli and Janet Ellis were just some of the celebrities who joined us. The evening raised £20,000. Our first comedy fundraising event was hosted by our patron Jo Brand who, with special guests, raised £5,000 for FPA.

Charitable donations are vital to our work and in this report you can see some of the amazing feats people have achieved in raising money for us. Every penny raised goes directly to help the fantastic work we do.

I am very grateful to the members of the FPA board of trustees who give so freely of their time in helping advance the cause of sexual health. We were sorry to say goodbye to Mike McGinley and Dame Denise Platt who stepped down during the year and were delighted to welcome as new members Sophie Lumley and Pauline McGough. And on behalf of the trustees I’d like to extend my admiration and thanks to all FPA staff across the UK, who work tirelessly for FPA every day.

Ian Plaistowe
Chairman FPA
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Dame Denise Platt (stepped down in 2010)
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Ms Pauline McGough (appointed 2010)
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