

Annual Report

2014–15



We give straightforward information and support on sexual health, sex and relationships to everyone in the UK



talking sense about sex

Our mission is to champion people’s right to sexual and reproductive health and wellbeing through advocacy, information, education and campaigning.



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.



IPPF declaration of sexual rights

FPA is one of 152 member associations of the International Planned Parenthood Federation (IPPF). IPPF is a global service provider and a leading advocate of sexual and reproductive health and rights for all.

FPA supports *Sexual rights: an IPPF declaration* which states that sexuality, and pleasure deriving from it, is a central aspect of being human whether or not a person chooses to be sexually active or to reproduce. Sexuality is not merely a vehicle for individuals to satisfy their reproductive interests. The entitlement to experience sexuality should be safeguarded.

Contents

| | | |
|--|--|-----------|
|  | Welcome from Natika H Halil, Chief Executive FPA..... | 3 |
|  | Our work with parents and families | 4 |
|  | Our work with young people..... | 5 |
|  | Our work with people with learning disabilities..... | 7 |
|  | Our work providing information and advice..... | 10 |
|  | Our work campaigning | 11 |
|  | Our work with professionals..... | 12 |
|  | Our work with politicians and influencers..... | 14 |
|  | Our work with partners..... | 16 |
|  | Our work – financial accountability..... | 17 |
|  | Chair’s closing message..... | 18 |

Welcome

from Natika H Halil,
Chief Executive FPA



Natika H Halil was appointed as FPA's new Chief Executive in March 2015. She replaced Dr Audrey Simpson OBE, who was Acting Chief Executive from the end of 2012. Natika was formerly FPA's Director of Communications, Health and Wellbeing.

Dr Simpson retired at the end of June 2015.

Welcome to this review of our activities during 2014–15, yet another busy year as we prepared to celebrate FPA's 85th anniversary. We've come a long way since FPA was formed as the National Council of Birth Control in

1930, but we continue a long-standing tradition of providing people of all ages and backgrounds with evidence-based and trusted information.

We worked directly with more than 2,700 young people and almost 1,800 professionals during the year, and we had over 2.25 million unique visitors to our website. Although we work within an increasingly difficult financial climate, we know that people's need for our services does not diminish.

Against a backdrop of anecdotal evidence about the impact of the Health and Social Care Act 2012, which changed the way sexual and reproductive health services are commissioned in England, the All-Party Parliamentary Group on Sexual and Reproductive Health conducted an inquiry into accountability within the new system. The results will be very important as we fight to keep this area of public health as a priority for local authorities.

We were delighted to launch a new project in the London borough of Kingston, working with young people with learning

disabilities, autism and Asperger syndrome. Our three-year collaboration with young people's sexual health charity Brook, funded by Durex, concluded with the launch of sex and relationships education project Stuff, aimed at further education settings. We also looked forward to a new venture for FPA, the launch of our new sexual enjoyment and wellbeing site, FPA Pleasure. As well as selling a range of sex toys and accessories, we will create a hub of information, support and lifestyle blogs and articles to promote pleasure and its importance to all of us.

In Northern Ireland we continue to campaign for women's reproductive rights, and I am pleased to see more organisations adding their voices to our own, which spurs us on as we battle for people's rights to exercise autonomy over their own bodies.

FPA has benefited enormously from Dr Simpson's experience and decades of hard work, both in Northern Ireland and across the UK in her role as Acting Chief Executive. On behalf of everyone at FPA I would like to thank her for everything she has contributed, and wish her the best in retirement. I would also like to thank each and every one of our supporters, members of staff and volunteers, who make all of our work possible.

A handwritten signature in black ink, appearing to read 'Natika H Halil'.

Natika H Halil

Our work with ...

parents and families



Speakeasy

Our award-winning Speakeasy programme continues to grow across the UK, giving parents and carers vital information and skills to talk to their children about growing up, sex and relationships.

In England, Wales and Scotland we trained 50 facilitators, who will themselves deliver the course directly to parents and carers. Our training team was also commissioned by local authorities to work directly with parent groups.

In Northern Ireland we worked with 149 parents and the programme has further developed with participants able to achieve an Open College Network qualification – *Developing Skills to Listen to*

Children. This has been very positively received by participants.

We also worked with a group of fathers on initiating conversations about relationships and sexuality, and a group of parents who are asylum seekers.

Heather Low, Speakeasy Project Worker, said: “It was fascinating working with parents from very different backgrounds and cultures, and seeing them come together through the programme to share their experiences and challenges of living within culturally different sets of social ‘norms’.”

In future we hope to develop links with both the prison service and the army based in Northern Ireland.



Rosemary Goodchild Award

Our long-standing sexual health journalism award was hotly-contested in 2015 with a record number of nominations. The winner was Gillian Orr (pictured) with the article *Breaking the taboo of abortion on TV and film* for The Independent. She won a £500 prize, kindly sponsored by the Goodchild family.

The judges unanimously agreed it was a very strong article, serving both to remind and inform people who are pro-choice that while reproductive rights may have been won, they can still be under threat, particularly against a backdrop of increasingly active and vocal anti-choice protestors.

Two other finalists were highly commended at the event: Theo Merz who wrote *Men and boys get raped too* for the Daily Telegraph and Jane Martinson whose *Let's talk about sex: teachers back call for sex education to be compulsory* article was in The Guardian.

Our work with ...

young
people



Jiwsí: helping vulnerable young people in North Wales



Set up as a two-year pilot 12 years ago, Jiwsí has been a continued success story and was this year renewed for a further three years. The project delivers innovative sexual health and relationships education in community

settings to groups of vulnerable young people, who may otherwise miss out on information and support that meets their needs.

Coordinator Mel Gadd said: "The fact we are still going strong is testament to the value of the work that we are doing across North Wales. Sexual health is something that can be overlooked, especially when thinking about the wider needs of vulnerable young people, but it is something that affects us all. Their education, health and wellbeing is at the heart of everything we do."

During 2014/15 we worked with 696 young people in 63 groups

100% rated Jiwsí good or excellent

95% reported increased confidence and self-esteem after participating

Jiwsí staff also helped shape, launch and deliver the new Sextember awareness campaign in North Wales, organised by the Betsi Cadwaladr University Health Board, to encourage people to look after their sexual health.

Mel said: "My highlight of the year has been working with, and delivering sessions to, young people that really mean something to them. The biggest challenge is that education projects are so dependent on the whims of funding streams."

'Bout Ye: raising aspirations in young men from Northern Ireland

'Bout Ye had another busy year, with our team delivering relationships and sexuality education programmes to a wide range of groups, and further developing links with Princes Trust, Rutledge Training, 7Towers Training and EOTAS (education other than in schools) programmes. Over the last year 'Bout Ye has worked with more than 500 young men, with many achieving Open Network College accreditation through the project.



Choices: empowering young women under 25 in Northern Ireland

Our Choices project further developed this year with the introduction of new resources to deliver programmes for LGB and T groups. The project, along with 'Bout Ye, continued to be an integral part of educational programmes at the Princes Trust, 7Towers and Rutledge Training, as well as further education colleges. Over the year our team worked with more than 500 young women, with many achieving Open College Network accreditation – for a large percentage of participants this was the first accredited course they had completed.

Unfortunately funding for both 'Bout Ye and Choices ended in 2015. Over the last 15 years the projects have helped thousands of young men and women, vitally providing accurate information about sexuality and sexual health, and empowering them with the skills to make informed choices about what is best for their own lives.

Sexability

Our Sexability project had another busy year, helping young people in Scotland, primarily in North and South Lanarkshire, to enhance their communication, decision-making skills and self-esteem around sexual health issues. We worked with 270 young people and 24 professionals over the year, exploring gender roles and sexual stereotypes and promoting the use of sexual health and contraceptive services.

Sessions take place in mainstream school classes within the personal, social, health and economic (PSHE) education curriculum, as well as in training organisations for young people not in education, employment or training, youth groups, homelessness organisations, additional support needs schools, and with young parents.

95% of the young people agreed that they learned important information about relationships and sexual health

81% of the young people felt their learning in the sessions will help them in the future

Participants said:

- “ Now I know to stay safe with sex.
- “ I know how to put on a condom.
- “ I have learned not to have unprotected sex.



Thank you!

We had support from some fantastic fundraisers during the year. These included Verity Pooke, who took on a 5km Superhero Run and raised over £400, Cathryn Brown who ran the Chester Half Marathon for us (pictured above), raising over £170, and pharmacy staff from Tesco Redcar who raised £115 with a 5km run.

FPA staff members Hannah and Charlotte (pictured below) raised over £200 when they both ran 10km through the wet and cold dressed as Santas.



Our work with ...

people with learning disabilities



We are sexual beings too! – Sexual health and relationships for people with learning disabilities conference

In October 2014, our Northern Ireland team hosted **We are sexual beings too!**, an event bringing together experts to talk about the rights of people with learning disabilities (PWLD), and explore ways to overcome the challenges they face when forming relationships – sexual and non-sexual.

Delegates included representatives of organisations from across Northern Ireland that work with PWLD, teachers, frontline staff, carers, families and PWLD themselves.

Mark Breslin, FPA's former Education Services Training Manager and now Northern Ireland Director, said: "Although wider society increasingly accepts and understands that people with learning disabilities are sexual beings just like everyone else, there are still many people who live quite

lonely lives, and don't have the opportunity to embark on relationships.

"Our conference was all about bringing together the people who can change this, to share experiences and best practice, and for us to also think about how we can better support professionals who are working with people with disabilities."

A key feature of the conference was a presentation by dates-n-mates, a dating and friendship agency in Scotland which is run by and for people with learning disabilities. We are exploring the feasibility of bringing a similar service to Northern Ireland.

Just Ask: supporting people with learning disabilities in Northern Ireland

It was another busy year for Just Ask, with our specialist relationships and sexuality education (RSE) programmes delivered in schools, further education colleges, supported living schemes, residential settings, day centres, community groups and with the Youth Justice Agency of Northern Ireland. We worked with 64 young people one-on-one, with 486 in group settings and with 90 parents and carers.

Our work continues to grow with parents and carers to the point where we may need to consider a separate programme for them, and several groups of young people have gained accreditation through our Open College Network programme.

The team has also been working closely in a

consultation role with several local health trusts in the development of regional RSE protocols for working with adults with learning disabilities.

Participants said:

“ I am in my 50s and although I have had a period for a long time – today was the first time I found out what it actually is and why I have a period.

“ I am a completely different person on the inside to who I am on the outside – I don’t want to pretend anymore and I know now that my sexuality is nothing to be ashamed of. After your session last week I went and got my first ever STI check done.

Autism, sex and relationships

Our project in partnership with Scottish Autism, providing a specialist sex and relationships education (SRE) programme for under 25s with autistic spectrum disorder (ASD), was a continued success in its third and final year of funding.

Young people with autism often face difficulties learning about SRE and can misinterpret information, if they are given any at all. This makes them extremely vulnerable to abuse and poorer sexual health outcomes. We also work with parents, carers and professionals to help them support young people more effectively. As well as partnering with Scottish Autism, we worked with Autism Initiatives and NAS Scotland.

In March 2015 the project was opened to a wider audience with a one-day conference in Glasgow, bringing together 88 professionals working within the autism field in Scotland and sharing best practice. As well as presentations from FPA project workers, participants could take part in practical workshops about delivery methods of SRE for young people with ASD.

We worked with:

133 young people with ASD

97 parents and carers

670 frontline staff

Participants said:

“ I was never told why girls have a period. I liked looking at tampons and sanitary towels. I now know what people are talking about.

“ I didn’t know if I was transgender or a cross-dresser. The workshops helped me make sense of things.

“ The workshops helped me understand the things my friends say about sex.

Parents said:

“ Good to talk to others and realise people are in the same situation. It’s also good knowing I’m doing some things right.

“ It’s a good feeling [to be] prepared about what might come.

A professional said:

“ It would be fantastic if this intervention was available to all young people affected by ASD as it may alleviate many of the difficulties that they have around puberty and relationships.

Good sexual health and relationships for people with learning disabilities

Our project based in the London borough of Westminster went from strength to strength in its sixth year, and was extended for another year.

We have been working closely with the Westminster Adult Education Service (WAES), delivering sessions to their college students, as well as The Westminster Society, one of the main providers of learning disability services in the borough, which has integrated



Miguel Tudela De La Fuente, manager of the Good sexual health and relationships for people with learning disabilities project

our project into their training programme for professionals.

During the year we worked with 79 people with learning disabilities, which was more than double our target, 25 professionals and 14 parents and carers.

The project was visited by both the Public Health Minister, Jane Ellison MP, and then Shadow Public Health Minister, Luciana Berger MP, at the end of 2014.

We hope to extend the programme further in Westminster to train more professionals to deliver sessions themselves and also to engage further with parents through the project; those that are involved have been very supportive. Enquiries to FPA have shown there is an appetite and need for projects like this in other parts of the country.

Luciana Berger MP said:

“ I was delighted to visit this unique project to learn about the important work that FPA and WAES do to support people with learning disabilities.

These sessions play a valuable role in equipping this often overlooked group with the skills and information they need to make informed choices about their sexual health and personal relationships. I hope to see more projects like this up and down the country.



Keep Me Safe

Staff from our training and programmes team were invited to be part of the International Planned Parenthood Federation's project *Keep Me Safe: Empowering young people with learning disabilities to protect themselves against sexual abuse and violence across Europe* involving 12 countries.



As well as training professionals in Spain, Macedonia and Latvia to work with young people, FPA helped to write best practice and training manuals for professionals, parents and carers, and young people themselves. The project ended with a conference in Madrid in December 2014, with very positive feedback for the work.

Kingston: Sexual health information for 11–25 year olds

April 2014 saw the launch of a new FPA project in the London borough of Kingston, giving information, advice and support around relationships, sex and sexual health to young people with learning disabilities, autism and Asperger syndrome.

The aims of the project include learning more about what makes a healthy relationship, using condoms and different methods of contraception, and developing skills to be more aware of potential risks and to increase resilience.



We also work with support staff to increase their knowledge and skills and to make sure they are aware of services that exist specially to provide support.

An important part of the project has been setting up a local clinic for people with learning disabilities. The Connect clinic was developed after consultation with young people with learning disabilities. They told us that:

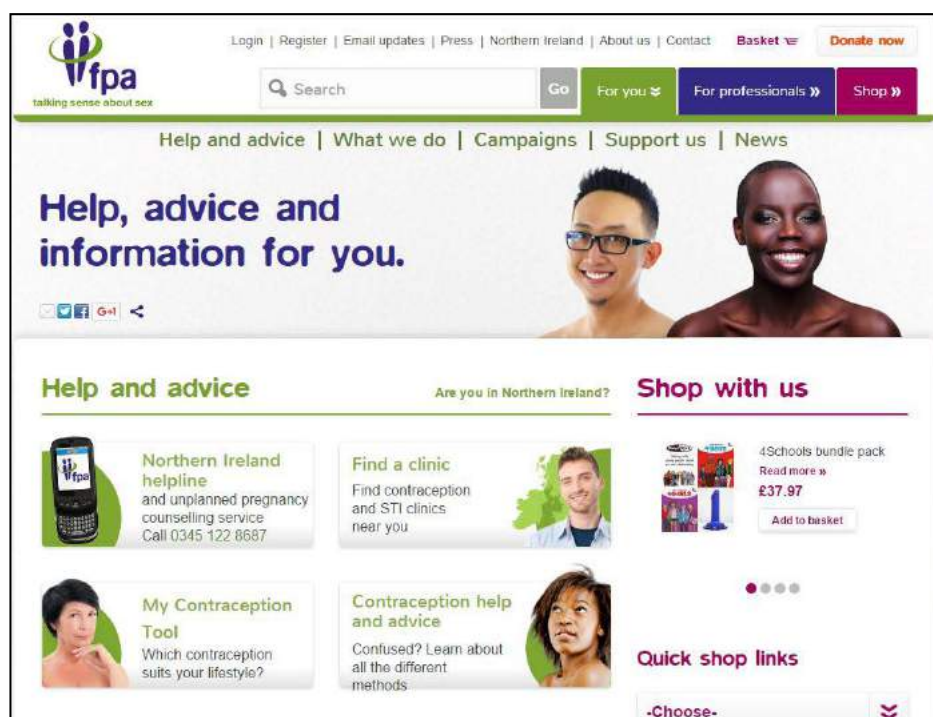
- they wanted to go somewhere they were familiar with
- they wanted friendly staff who could explain things easily
- they wanted to be listened to
- they wanted to come with their parents.

Originally the service was for under 25s but now offers appointments for people of all ages. It has been running once a month but as we move into the second year will be open once a week.

During the year we worked with 188 young people, 95 professionals and 36 parents.

Our work providing ...

information and advice



Online information

More than 2.25 million unique visitors came to our website in 2014/15, with over 1.5 million of these using a mobile phone or tablet. Since launching our mobile-friendly website in June 2013, we have seen a 35% increase in mobile traffic – showing a shift in the way many people access sexual health advice and information.

Our pages about sexually transmitted infections and contraception were still the most popular, with 1.5 million

visitors looking at this information. More than 165,000 unique users searched for a local service using our Find a Clinic tool.

The Information Standard

Our sexual health information is accredited



by The Information Standard. Many organisations produce health and care information but it can be hard for people to know

which information they can trust. To achieve the Information Standard we have to go through a rigorous assessment to check our information is clear, accurate, balanced, evidence-based and up-to-date.

We are delighted that our series of sex and relationships education booklets for young people have also been accredited under the scheme.

Patient information leaflets for sexual health services

In 2015 we came to the end of our three-year contract to produce patient information leaflets on behalf of the Department of Health in England. Our contraception, sexually transmitted infections and pregnancy choices leaflets are used right across the UK and we will continue to produce printed information for sale to GP surgeries, hospitals, clinics and others who provide sexual health services.

Thanks to funding from Public Health England we are now looking at how we can develop free digital information for clinicians and service providers that they can easily pass on to their patients.

Professionals continued to tell us how much they value our information. In our 2014 customer satisfaction survey:

96% said their patients appreciate being supplied with FPA information

over 95% said patients are informed and/or empowered by our information

Our work ...

campaigning

Sexual Health Week 2014

Sexual Health Week, which ran from 15 to 21 September, was all about emergency contraception.

The key messages of the campaign *Contraceptive choices: beyond the morning after* were informed by a YouGov survey of more than 2,000 women across the UK, asking about their knowledge of, and attitudes towards, emergency contraception.

In the run up to the week we sent out briefing packs to 3,100 clinicians and pharmacists, including posters designed to encourage women to ask for emergency contraception without embarrassment.

Our public messaging during the week focused on busting myths and raising awareness about how to access emergency contraception.



Safer sex during the World Cup

During the 2014 World Cup we ran a campaign aimed at



football fans travelling to Brazil for the tournament as well as those staying at home. Our messaging was around safer sex and condom use to prevent sexually transmitted infections, and raising awareness about the link between alcohol and riskier sexual behaviour. The campaign was supported by the findings of a survey of more than 2,000 people in the UK.

Sexual Health Week Northern Ireland

Our focus for Sexual Health Week in Northern Ireland in 2015 was the sexual health and wellbeing of men and boys, and the week was launched with a special event at Stormont.

We joined with Brook Northern Ireland, which works with young people under 25, The Rainbow Project, which promotes the health and wellbeing of LGB and T people and their families, HIV charity Positive Life and Nexus NI, which offers counselling and support to survivors of sexual abuse and sexual violence.

A special guest at the launch event was Ian Banks from the HPV Action group, which is calling for the human papillomavirus vaccination programme, currently offered to girls in secondary schools across the UK, to be extended to boys.

Throughout the week we had messages for men and boys around accessing sexual health services and encouraging them to think about their role in pregnancy.

Our work with ...

professionals



FPA continues to be the UK's leading provider of sexual and reproductive health training for professionals, working with more than 1,000 course participants over 100 days in the last year.

Our course about pornography and portrayals of sex in the media, *Fantasy vs Reality: the impact of pornography on young people*, continued to be a popular choice for commissioners, with the topic remaining high in the news agenda throughout the year. Our courses covering contraception were also in demand among health professionals, particularly practice nurses.

Paul Casey, Training Manager:

“ My highlight, but also the biggest challenge, of the year came during one week in November when we had 12 training courses and workshops taking place all around the UK. This is the most we have ever run in one week but all went very well and had excellent evaluations.

Participants said:

“ I really enjoyed the activities and interactions on this course. The information and ideas shared were valuable for my professional development and personal development.

“ I found the facilitator to be knowledgeable, energetic, good-humoured, and fun. Catered for all participants and went at a steady pace.

“ All professionals should do this training – I am going to recommend FPA training to everyone!



Honorary fellowship

In April 2014, FPA's former Acting Chief Executive, Dr Audrey Simpson OBE was awarded an Honorary Fellowship by the Faculty of Sexual and Reproductive Healthcare at its Annual Scientific Meeting in Belfast.

Fellowships are bestowed by the faculty in cases of 'exceptional service' to sexual and reproductive healthcare.

Dr Simpson said: "I am very humbled to be accepted as a fellow by the faculty. It is really testament to all of the colleagues I have worked with over the last 25 years."

Resources for working with people with learning disabilities

In 2015 we launched a new resource: *Sexually transmitted infections: A guide for people with learning disabilities*.

This follows *Contraception: A guide for people with learning disabilities*, which was published for the first time in 2014.

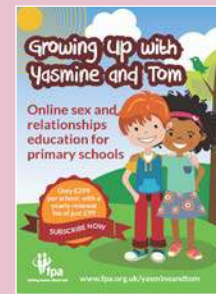
We are delighted that both resources have been accredited by The Information Standard and quality-assured by people with learning disabilities through The Advocacy Project. Through our projects we work directly with people with learning disabilities across the UK, and know how important it is to present sexual health

information in an appropriate way that supports them in exploring their sexuality and staying safe.

For more information, see:
www.fpa.org.uk/pwld-contr
www.fpa.org.uk/pwld-stis



Growing up with Yasmine and Tom



In May 2014 we launched a new online resource to help teachers and school

nurses easily deliver high-quality sex and relationships education (SRE) as part of a personal, social, health and economic (PSHE) education programme.

To be most effective SRE needs to start early so that children learn to talk about feelings and relationships, and are prepared for puberty before it happens to them.

Growing up with Yasmine and Tom includes 50 flexible, age-appropriate lesson plans and fun, interactive whiteboard activities designed to meet curriculum requirements for children aged 5–11. Animation, sound and touch-screen activities bring the characters Yasmine and Tom to life, as they cover topics including the body, feelings, relationships, family life and online safety.

The resource has been enthusiastically received by primary schools across the UK and beyond and a free trial is available to explore the resource.

For more information, see: www.fpa.org.uk/yasmineandtom

Pamela Sheridan Award

The Pamela Sheridan Award recognises innovation and good practice in services, projects or sex and relationships education (SRE) for young people. It was established in memory of Pamela Sheridan (1911–1994), an early sex education pioneer who had a lifelong involvement in family planning.

Presented as part of the UK Sexual Health Awards, the 2015 winner was *The Prison RSE Project: Empowering Vulnerable Women* by Spectrum Community Health CIC (pictured).



Members of the Spectrum Community Health CIC team accept their award from Dr Phil Hammond

The project, based at the female prison and young offenders' institution at Styal in Cheshire, is designed to reduce risk and improve resilience around sexual health.

Our work with ...

politicians and influencers

FPA's policy and parliamentary team had a busy year in 2014/15, meeting with ministers and shadow ministers for public health and women and equalities, as well as key contacts in the Department of Health and Public Health England. We also produced a new policy statement on female genital mutilation.

We held a joint parliamentary reception with young people's sexual health charity Brook on the theme of *Unplanned pregnancies: the next generation* with a fantastic turnout from parliamentarians and other organisations working in reproductive health.

Campaigns we supported include the coalition HPV Action, calling for boys to be vaccinated against human papillomavirus, as girls already are. In November we joined organisations calling for buffer zones to be set up around abortion clinics to prevent women being intimidated and harassed by anti-choice protestors. We also supported the International Planned

Parenthood Federation's *I Decide* campaign, with our Youth Advisory Committee taking an active role.

A study by the Advisory Group on Contraception – a coalition of sexual health charities and organisations including FPA – found that 7.4 million women in England live in an area where the local authority has no strategy to reduce unplanned pregnancy, prompting commissioners to assess the needs of women in their area and provide services accordingly.

In February we welcomed MPs voting against a proposed amendment to the Serious Crime Bill, which would have explicitly said sex-selection abortions are illegal. We said that restricting women's reproductive choices is not the way to address concerns. We also welcomed a recommendation from the Education Select Committee that sex and relationships education and personal, social, health and economic (PSHE) education be made statutory.

All-Party Parliamentary Group



The All-Party Parliamentary Group (APPG) for Sexual and Reproductive Health (for which FPA provides secretariat) was busy with an inquiry into accountability within the commissioning of sexual and reproductive health services.

The inquiry has been prompted by concerns following changes put in place by the Health and Social Care Act 2012, which saw the commissioning of services moved to a local level, and HIV separated from sexual and reproductive health. The interim findings were presented in January 2015.

Other topics discussed in APPG meetings during this year have been a reflection on the government's Framework for Sexual Health Improvement in England one year on, sexual health in relation to men who have sex with men, and educating healthcare professionals in sexual health.

Our advocacy work in Northern Ireland

Reproductive rights in Northern Ireland remained under the spotlight with continued political and public debate about abortion law. We hope the increased focus on women's rights and equality campaigning will influence change.

In December 2014 we welcomed a decision by the Northern Ireland Human Rights Commission (NIHRC) to challenge abortion law in the province. The Commission issued legal proceedings in the High Court on the grounds that current legislation is a violation of human rights and is seeking a change in law so that women can access abortion in cases of serious fetal abnormality, rape, or incest. We have been supporting both NIHRC and Amnesty International as they become more vocal about women's restricted rights.

However, there have been setbacks; in May 2014 the High Court in London ruled that women living in Northern Ireland are unable to access free abortions on the NHS in England. And in August 2014 a vulnerable teenager in the Republic of Ireland who became pregnant after being raped was refused an abortion, despite a panel of experts agreeing she was at risk of suicide. As updated guidance for health professionals had not been published at this time, it was possible that the same situation could have occurred in Northern Ireland.

Parliamentarian of the Year



In March 2015, then shadow public health minister Luciana Berger MP was named Parliamentarian of the Year at the UK Sexual Health Awards for her commitment to keeping sexual health on the political agenda. Collecting her award (pictured centre with Jules Hillier, former acting Chief Executive at Brook, and Dr Phil Hammond), Luciana said: "It is so important we keep talking about sexual health, especially since the prevalence of some sexually transmitted infections is increasing."

"We are committed to ensuring we have statutory SRE in every school, that we tackle late diagnosis of HIV and increase testing, and we want a proper sexual health strategy that is implemented right across the country."

Pregnancy choices and post-abortion counselling service

In 2014/15 we supported 251 women through our pregnancy choices and post-abortion counselling service at our Derry and Belfast offices. Many of the women who attend our counselling service are very unclear about the legal limitations of accessing abortion in Northern Ireland, often receiving conflicting information from health care professionals. This adds to the stress of making what can already be a difficult decision. In particular,

women who have had a fetal abnormality diagnosis are very unsure of the options available to them.

We continue to experience daily anti-choice protests outside both our Northern Ireland offices. For some women it is a very distressing experience, for others it makes them angry and frustrated. To date no one has said they found protesters' presence helpful or supportive. One woman said: "I have enough to cope with at the minute, I definitely don't need someone harassing me when I am on my way to a counselling session."

Our work with ...

partners

Stuff project

Concluding a three-year partnership with young people's sexual health charity

Brook, funded by Durex, we launched the project Stuff to support staff to deliver sex and relationships education (SRE) to 16 to 19-year-olds in colleges and other further education settings.



Following analysis of what young people in this age group said about SRE, including that there can be an information gap between secondary school and university, we produced resources and display materials around a number of different themes.

These included sexual pleasure, contraception, sexual orientation and gender identity, relationships, pornography, consent, pregnancy choices, sexually transmitted infections, respect and self-esteem, and staying safe.

The resources are available at www.talkaboutstuff.org.uk

UK Sexual Health Awards 2015



Awards host Dr Phil Hammond with Sexual Health Professional of the Year winner, Dawn Purvis

Our fourth joint awards ceremony with young people's sexual health charity Brook was hugely successful, with a record number of nominations submitted.

The ceremony was held at Hotel Russell in central London and hosted by TV medic and comedian Dr Phil Hammond.

Among the winners on the evening were TV soap Hollyoaks for a storyline on domestic abuse, MP Luciana Berger, who was named Parliamentarian of

the Year, and Baroness May Blood, who received the Lifetime Achievement Award. A full list of winners and photographs from the ceremony can be seen at www.uksexualhealthawards.org.uk

People Living With HIV Stigma Index

FPA is working with Public Health England and people living with HIV on the HIV UK Stigma Index 2015 survey, to find out about people's experiences in health care, employment and faith settings, and their life with partners, family and friends.

The project is funded by the MAC AIDS Fund and in-kind contributions from PHE, and it is hoped evidence from the study will be used to influence policy and commissioning, and also raise awareness among the general public.



What participants have said so far:

“ I have always refused to be a ‘victim’ of HIV ... I live with HIV and those I have told are really positive about how I have dealt with it.

“ Even medical and dental professionals (both doctors and nurses) behave differently once I tell, as I have to for their protection.

“ I was told I had to wear gloves so I could not transmit HIV to cooked chicken.

Our work –

financial accountability

Accounts for the financial year 2014–2015

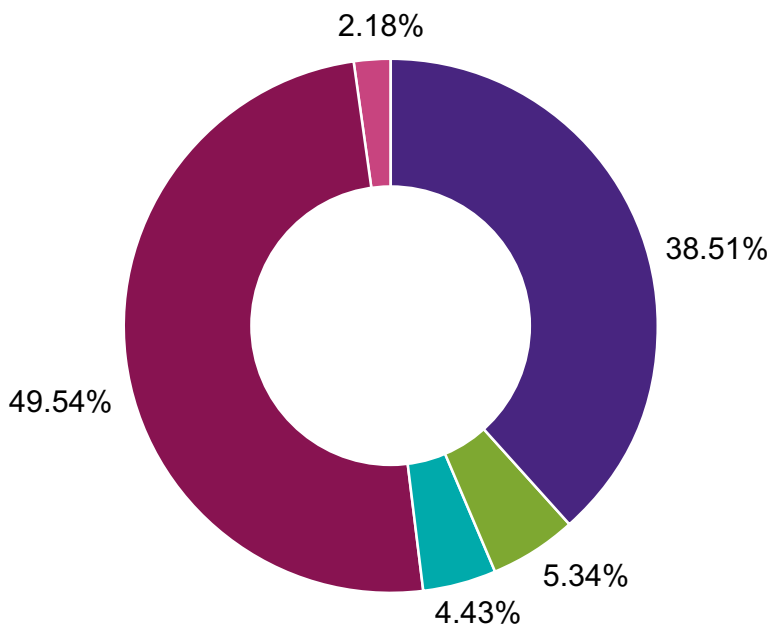
Income

| | |
|--------------------------------|-------------------|
| Voluntary | £38,855 (2.18%) |
| Investment | £78,834 (4.43%) |
| Grants, projects and contracts | £882,206 (49.54%) |
| Publications and services | £685,803 (38.51%) |
| Training and consultancy | £95,152 (5.34%) |

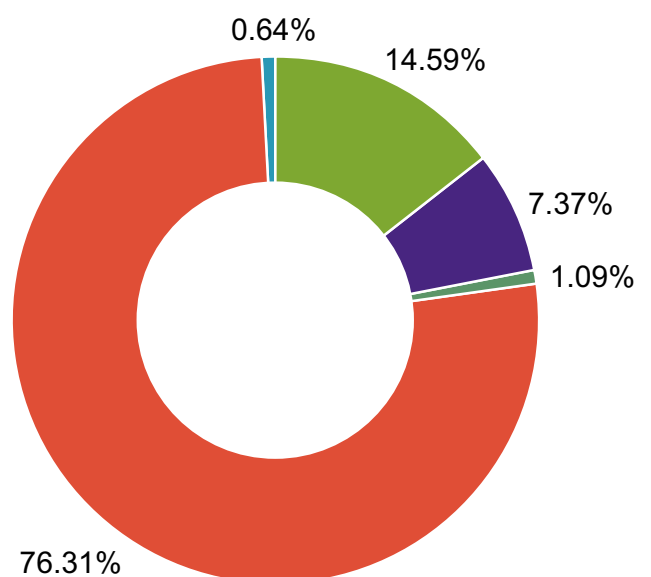
Expenditure

| | |
|---------------------------|---------------------|
| Projects and contracts | £1,431,905 (76.31%) |
| Governance | £20,508 (1.09%) |
| Other | £12,000 (0.64%) |
| Publications and services | £138,336 (7.37%) |
| Training and consultancy | £273,677 (14.59%) |

Total income
£1,780,850



Total expenditure
£1,876,426



Chair's closing message



It has been another busy year at FPA, full of challenges and new opportunities.

It was fantastic to celebrate the achievements of the many individuals, teams and volunteers who go above and beyond the call of duty at our fourth annual awards ceremony in partnership with young people's sexual health charity Brook. It was great, particularly as we began our 85th anniversary year, to share examples of best practice from around the UK and highlight the fantastic work that takes place every day.

We continue to operate in a tough financial climate and, following the loss of our sexual

health enquiry service, we have focused more than ever on delivering trusted information through our website, campaigning activity and publications, and on the vital face to face work of our highly successful projects and training work.

Sexual and reproductive health services too are operating on ever tighter budgets, as local authorities have to balance public health priorities within their wider remit. The effects of the Health and Social Care Act 2012, which led to wholesale changes across the NHS, were carefully considered through the All-Party Parliamentary Group's accountability inquiry. It is crucial that we ensure policy makers and commissioners are aware of the impact poorer sexual health outcomes can have on people's lives.

The importance of our work with people with learning disabilities has been illustrated by our new project in Kingston, giving information, advice and support around relationships, sex and sexual health, and we

know there is a need for specialist work like ours around the UK. We know our new resources to support staff and parents in talking about sexuality, relationships and staying safe with young people and adults with learning disabilities are hugely valuable.

The board of trustees was very sorry to say goodbye to Dr Audrey Simpson, Director of Northern Ireland since 1988, and Acting Chief Executive for two and a half years. Her expertise, experience and leadership have been invaluable and we thank her for everything she has done over the last 27 years. We are delighted that Natika H Halil, Director of Communications, Health and Wellbeing was appointed FPA's new Chief Executive, and took up the post in April 2015.

On behalf of all the trustees, I would like to say a huge thank you to everyone who contributes to the work of FPA, right across the UK. Without the dedication, passion and enthusiasm of our staff, volunteers and supporters, it would not be possible for us to work towards our goal of good sexual health for everyone.

A handwritten signature in black ink that reads "Valerie Day". The signature is written in a cursive style and is underlined with a single horizontal stroke.

Dr Val Day

Trustees and patrons

President

Baroness Gould of
Potternewton

Vice Presidents

Ms Jacqui Lait
Rt Hon Joan Ruddock MP
Baroness Tonge

Patrons

Mr David Aaronovitch
Lord Alli
Dr David Bull
Ms Gaynor Churchward
Dr June Crown
Ms Janet Ellis
Baroness Flather
Lady Goodhart
Rt Hon The Baroness Jay
Baroness Kennedy
Lord Lester
Baroness Massey
Countess Mountbatten
Ms Jenni Murray
Dr Miriam Stoppard
Ms Polly Toynbee
Ms Beverley Turner
Baroness Walmsley
Ms Caroline Woodroffe

Board of Trustees

Chair:
Dr Val Day

Deputy Chair:
Mr Geoff Bailey
(stepped down September 2014)

Deputy Chair:
Ms Nicole Langlois

Honorary treasurer:
Gary Lawson
(appointed June 2014)

Ms Kay Brown
Ms Marta Garcia
(appointed June 2014)

Mr David Harris
Dr David Lawrence
Ms Sophie Lumley
Ms Shenaz Matadar
(appointed June 2014)
Ms Victoria Roberts
(stepped down September 2014)



talking sense about sex

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

FPA
23–28 Penn Street
London N1 5DL
Tel: 020 7608 5240

FPA
3rd floor
Ascot House
24–31 Shaftesbury Square
Belfast BT2 7DB
Tel: 028 90 316 100

FPA
Greenhouse
Trevelyan Terrace
High Street
Bangor LL57 1AX
Tel: 01248 353534

www.fpa.org.uk

© FPA 2016

All library images posed by models.

With thanks to

A huge thank you to all the generous donors, benefactors, fundraisers, sponsors and organisations who have supported our work this year.



facebook.com/FPACHarity



Twitter @FPACHarity