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Cardiff Multi-Agency Young People's Sexual Health Action Plan 2009-2010

Aim of the plan:

To deliver activity that will contribute to a reduction in the prevalence of sexually transmitted infections and unintended teenage pregnancy throughout Cardiff by ensuring that all young people receive effective SRE and have access to appropriate sexual health information, advice and services.

Objective	Activities	Lead & key partners	Outputs/how will success be measured?	Financial implications
1. Raise awareness of sexual health issues via national and local campaigns	Implement SHAG campaign in Cardiff University	Coordinator -SHAG	No. of SHAG activities	Funding for SHAG
	1 major campaign event at Cardiff University per term	Cardiff University Cardiff University Health Centre	No. of campaign events held	
	Disseminate information about selected national campaigns such as DH 'Essential Wear' campaign to partners as required	Cardiff LPHT, Sexual Health Task group	STI campaign materials secured and disseminated	Cymorth youth health budget
	Support the World Aids day campaign by making campaign materials available to practitioners and encouraging awareness raising activities	Cardiff LPHT, Sexual Health Task Group, THT	No of World Aids Day campaign packs disseminated No of awareness raising events/activities held	WAG funding / Cymorth youth health budget
	Joint project with SW Police in 'Black Friday Week' (Christmas) to target young people on staying safe (alcohol/sex/getting home)	Cardiff & Vale NHS Trust/ SW Police	No. of young people receiving information	C & V NHS Trust

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2. Support the provision of sexual health information to young people	<p>Work with the YPP information Officer to continue to develop the sexual health focus of the Sprout website</p> <p>Develop website for young people in Cardiff to raise awareness of sexual health issues</p> <p>Provide sexual health information at young people's events and community events such as Big Weekend</p> <p>Provide up to date quality assured sexual health leaflets, information and a resources list to c-card assessment points and partners as required</p>	<p>YPP information Officer; Sexual Health Task Group</p> <p>Cardiff LPHT</p> <p>Cardiff LPHT, Sexual Health Task Group</p> <p>Cardiff LPHT</p>	<p>Sexual Health services and projects included on website</p> <p>No of events attended No of young people accessing information</p> <p>Materials disseminated</p>	<p>None</p> <p>Cymorth youth health budget</p> <p>Cymorth youth health budget</p> <p>Cymorth youth health budget</p>
3. Support the provision of quality Sex and Relationships Education in schools- as set out in NSF for Children, Young People and Maternity Services (WAG) - linking with the Cardiff Network of Healthy Schools Scheme, Community Focused Schools	Provide support to primary school teachers to deliver quality SRE, including dissemination of WAG SENSE bi-lingual teaching resource and training for teachers	Cardiff LPHT, Sexual Health Task Group , school health nursing service, Healthy Schools Team, Advisory Service	No. of schools supported Type of support provided Resources disseminated	Cymorth –youth health budget

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	<p>Support delivery of quality SRE programme in secondary schools through advice, information and training</p> <p>Disseminate a guidance pack for schools and youth services on developing and delivering SRE</p> <p>Provision of SRE lessons in secondary schools by sexual health specialist (Apr-Dec 2009)</p>	<p>Cardiff LPHT, Advisory Service, school health nursing service</p> <p>Cardiff LPHT/ LEA Advisory Service</p> <p>Sexual Health Educator / secondary schools</p>	<p>No of schools supported Type of support provided</p> <p>No of schools/ organisations receiving packs Feedback from users of pack</p> <p>No. of lessons Feedback from teachers/ pupils</p>	<p>None</p> <p>none</p> <p>Cymorth / Healthy Schools</p>
<p>4. Support development of provision of sexual health services for young people in Cardiff, and particularly for vulnerable young people</p>	<p>C-card scheme Implement the c-card scheme targeting areas of disadvantage, young people in the looked after system and young people excluded from school:-</p> <p>To continue to implement the scheme across Cardiff</p> <p>To extend the c-card scheme into sheltered accommodation for young people</p> <p>To promote and raise awareness of the c-card scheme with young people and young peoples & c-card assessors via under 18's</p>	<p>Cardiff LPHT and trained assessors</p> <p>Cardiff LPHT</p> <p>Cardiff LPHT and c-card assessors – Cardiff Youth Service</p>	<p>Statistics – monitor young people using scheme Assessments and pick-ups</p> <p>Training of new staff and set up of new points</p> <p>No of young people No of contacts made in relation to c-card</p>	<p>Cymorth youth health budget</p> <p>Cymorth youth health budget</p> <p>Cymorth youth health budget</p>

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	<p>club nights</p> <p>Raise profile of c-card scheme by presenting information about scheme to school health nurses and other health professionals</p> <p>Young People's Sexual Health Services To provide and promote young people's Integrated Sexual Health services (for under 20 years) and develop in line with evaluation outcomes.</p> <p>To monitor uptake of NAATS testing in family planning clinics and all GP surgeries through a community Chlamydia co-ordinator.</p> <p>To oversee the continued implementation of the HPV vaccination programme in Cardiff from Sep 2009</p> <p>To follow up the recommendations of the mystery shopping evaluation of young people's sexual health services</p>	<p>Cardiff LPHT, NPHS</p> <p>Cardiff & Vale NHS Trust / NPHS</p> <p>Cardiff & Vale NHS Trust</p> <p>School Health Nursing Service</p> <p>Cardiff LPHT, Cardiff & Vale NHS Trust, Sexual Health Task Group</p>	<p>No of young people recruited to the scheme.</p> <p>Presentation given to school health nurses and other health professionals</p> <p>No of young people accessing services</p> <p>No of NAATS tests Evaluation of uptake</p> <p>No of young people vaccinated</p> <p>Actions implemented</p>	<p>None</p> <p>Cardiff & Vale NHS Trust</p> <p>Cardiff & Vale NHS Trust</p> <p>Cardiff & Vale NHS Trust</p> <p>Cymorth Youth Health Budget / Cardiff & Vale NHS Trust</p>

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5. Support development and delivery of sexual health services for vulnerable young people in Cardiff	Target sexual health promotion services such as c-card at groups of vulnerable young people eg homeless, looked after young people, young people with learning disabilities, deaf and hard of hearing young people and excluded young people	Cardiff LPHT, NPHS, Sexual Health Task Group, RNID, Cardiff People First, Cardiff YMCA	No of young people No of sexual health promotion initiatives	Cymorth Youth Health Budget
	Develop links with professionals working with teenage parents to provide sexual health advice, information and skills development to prevent unwanted second pregnancies	Cardiff LPHT / Flying Start / Barnardos	No of professionals supported Information provided to young people	Cymorth
	Explore potential to link to Family Support Strategy, Pyramid Project and Community Focused Schools	Cardiff LPHT	Links established	none
	Streetlife Project Support the development of the Streetlife Cardiff project which provides sexual health advice, support and condoms to young women involved in prostitution	Safer Wales	No. of young women receiving advice and information No. of condoms distributed Evaluation of project	Safer Wales
	Health advisor providing support and advice for sex workers. Follow up actions resulting from questionnaire about accessing services undertaken with young	Cardiff & Vale NHS Trust	No. of women receiving support and accessing services	C & V NHS Trust

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	women Specific sexual health services offered to sex workers – fast track clinic, allocated clinic times, Hepatitis B vaccinations	Cardiff & Vale NHS Trust	No. of sex workers accessing services & receiving vaccinations	C&V NHS Trust
6. Provide support, advice and information for parents and carers on sex and relationships	Support and provide sexual health advice and information to young parents groups in St Mellons, Llanrumney, Butetown/Grangetown and Barnardos	Cardiff LPHT	No. of organisations and teenage parents supported	none
7. Develop and deliver multi-agency sexual health training (focusing on life skills, refusal skills, substance misuse and alcohol)	Provide 2 sessions of c-card assessor training	Cardiff LPHT, NPHS;	No. of new assessors trained; evaluation feedback	Cymorth youth health budget
	Provide sexual health training for young people's organisations (specifically those working with young people at risk of exclusion, vulnerable young people and Community Focused Schools Co-ordinators)	Cardiff LPHT	No's attending training Evaluation feedback	None
	Provide training for youth and community workers, and school health nurses in delaying sex	Cardiff LPHT	No's attending Evaluation feedback	Cymorth youth health budget Cardiff Youth Service /

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	<p>To provide training for use of contraceptive kits and supply kits to assessors</p> <p>Sexual health training for practitioners to work with young people with learning disabilities</p>	<p>Cardiff LPHT</p> <p>Cardiff People First Cardiff YMCA Cardiff LPHT School health nursing service Family planning advisers</p>	<p>No. of assessors trained No. of kits distributed</p> <p>Training provided No's attending Feedback</p>	<p>Cymorth youth health budget</p> <p>Cymorth youth health budget</p> <p>Cardiff People First / Cymorth Youth Health Budget</p>
<p>8. Work in partnership to reduce inequalities for the lesbian gay bisexual and transgender community</p>	<p>Identify funding for work with LGBTQ young people</p> <p>Ensure that needs of LGBT young people are being met by services and addressed in training</p> <p>Develop and finalise location for a LGBT youth club</p>	<p>Fairbridge / Sexual Health Group</p> <p>Sexual Health Task group</p> <p>Cardiff Youth Service</p>	<p>Funding identified</p> <p>Youth Club set up Numbers attending</p>	
<p>9. Disseminate work of Young People's Sexual Health Task Group</p>	<p>Report to Cardiff Sexual Health Advisory Planning Group</p> <p>Regular reports to Health, Social Care and Wellbeing Core Group of CYPP</p>	<p>Chair of Sexual Health Task Group</p> <p>Cardiff LPHT</p>	<p>No. of meetings attended No. of reports submitted</p> <p>No. of reports submitted Feedback received</p>	<p>None</p> <p>None</p>

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The group has made a commitment to engage young people, on a continuing basis and using a variety of means, in the development and implementation of the sexual health action plan.

Supporting Evidence

Teenage pregnancy and sexually transmitted infections data show that there has been a general deterioration in sexual health amongst young people in England, Wales & Northern Ireland in the past 10 years.

Key interventions include:

- Effective targeting of contraception and advice services at young people
- Non-traditional means of providing information on sexual health issues, condoms, and a link with sexual health services should be promoted, e.g. work with Youth Workers, Social Workers and School Nurses
- Effective sex and relationship education should also be promoted, starting at an early age, and with particular attention to the development of life skills such as communication and negotiation

Key documents include:

NAfW (2000) *A Strategic Framework for Promoting Sexual Health in Wales*

Department of Health Social Exclusion Unit (1999) *Teenage Pregnancy*

House of Commons (2003) *Sexual Health* House of Commons Health Committee Third Report of Session 2002 – 03 Volume 1

Welsh Assembly Government (2006) *National Service Framework for Children, Young People and Maternity Services in Wales*

Welsh Assembly Government (2001) *Best practice advice on the provision of effective contraception and sexual health advice services for young people*. WHC (2001) 041.