

# Camden & Islington Young People's Sexual Health Network



## Annual report 2015/16

### 1.0 Introduction

This is the 2015/16 annual report for the Camden and Islington Young People's Sexual Health Network (Camish) demonstrating the achievements and challenges of the network's first year in operation and plans for the future.

### 2.0 Background

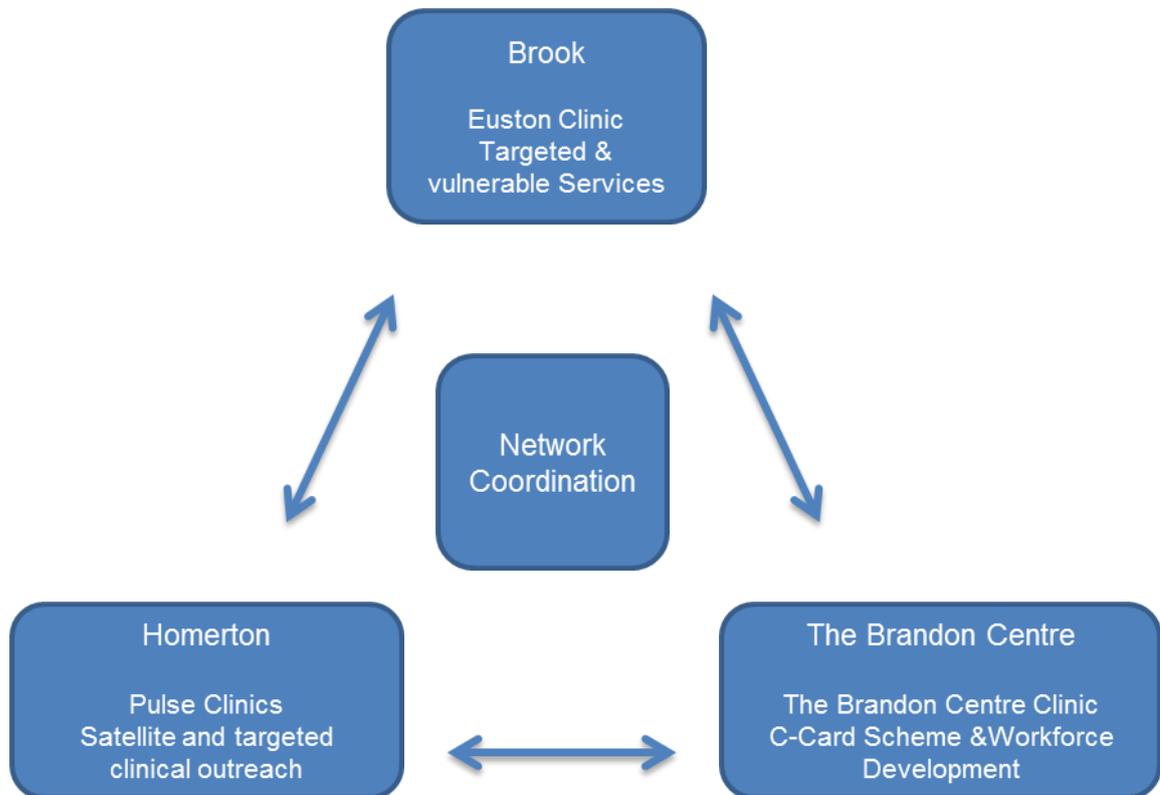
The Camish Network was commissioned by Camden and Islington local authorities in April 2015 to provide sexual health services for young people under the age of 25 in both boroughs. Network services are provided by the Brandon Centre, Brook and the Homerton University Hospital NHS Foundation Trust (Homerton).

The three providers are each running integrated sexual health, contraceptive and counselling services, offering prevention, diagnosis and management of sexually transmitted infections, pregnancy testing and support, contraception (including emergency and long acting reversible contraception) and counselling services.

In addition to the core clinical offer, each organisation has been commissioned to provide a specialism:

- The Brandon Centre, in partnership with Brook, lead on the C-Card Scheme, providing free condoms and Chlamydia and Gonorrhoea testing for young people. They are also responsible for Workforce Training and Development, supporting professionals across Camden and Islington to address sex and relationship issues with young people.
- Brook lead on targeted outreach, providing early interventions with vulnerable young people and those considered most at risk of poor sexual health, unplanned pregnancy or sexual exploitation. They also coordinate the provision of Sex and Relationship Education (SRE) on behalf of the network, overseeing and delivering with partners SRE on related subjects in secondary schools, PRUs and alternative provisions.
- Homerton provide daily clinical outreach through satellite clinics in youth centres and "clinic in a box", a mobile clinic that can be taken to any venue where young people are.

All three providers are coordinated through the network coordination team.



### 3.0 Our Aims

- To offer confidential, open access sexual health, contraceptive and counselling services for young people 13-24 years old in Camden and Islington.
- To give young people information and skills to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and wellbeing.
- To reduce unwanted pregnancies for women under the age of 25 and in particular for teenagers.
- To reduce the burden of sexual ill health in young people through early diagnosis and rapid access to treatment.
- To identify young people's wider needs when they engage with health providers around their sexual health.

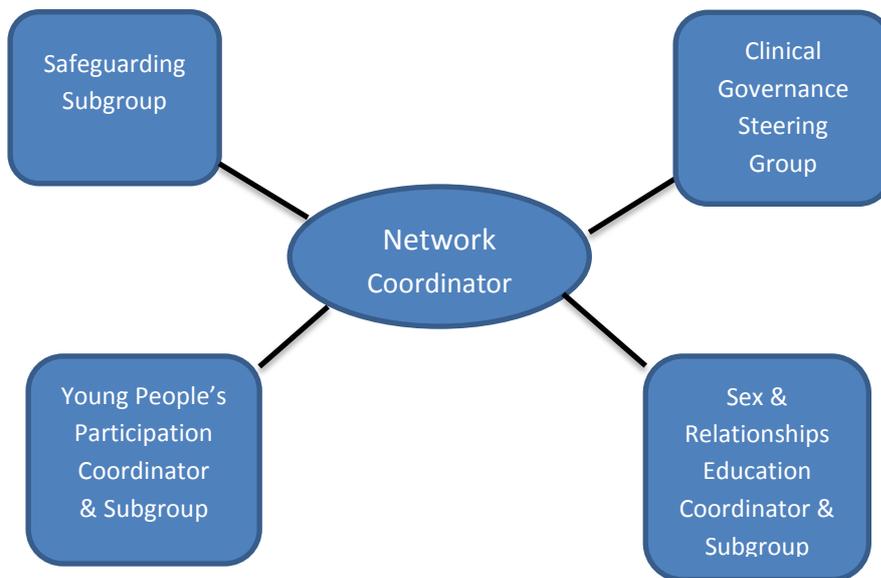
### 4.0 Camish network coordination

The role of the Camish network coordination team is to bring all three providers together, to support better partnership working and collaboration and monitoring and coordination of the networks Outcomes and

Outputs, better identification of young people at risk, improved outcomes through better reach and coverage and less onward referrals outside the network.

Homerton provide the network coordination, ensuring all three providers share processes, pathways and guidelines, providing a seamless service for all young people in both boroughs.

The network coordination team is made up of the Network Coordinator, an Administrator, the SRE Coordinator and the Young People’s Participation Coordinator. This team, along with representatives from each provider organisation, coordinate safeguarding and clinical governance matters, young people’s participation and the SRE work in schools on behalf of the network.



## 5.0 Safeguarding

The Camish Safeguarding Subgroup is chaired by the network coordinator and includes the safeguarding leads from each provider. It is responsible for the review and monitoring of the network’s safeguarding activity, compliance with training standards, national guidelines, policies and legislation.

In the first year we have started examining the partners’ protocols and procedures ensuring they are consistent across the network and in line with good practice guidance. The group have devised a system of centrally reviewing and monitoring safeguarding referrals and concerns and we keep an anonymised record of our network-wide safeguarding activity. We are also in the process of finalising the network’s information sharing protocol.

The group regularly discuss emerging themes or current issues, such as FGM, that are relevant to the network and to safeguarding young people and have developed good links with the designated nurses for

child protection, safeguarding and children looked after, the local safeguarding boards and our local MASE (Multi-Agency Sexual Exploitation) panels.

Some of the work in the year ahead will be to implement a standardised network-wide notes review of patients under the age of 18 to ensure they are adequately assessed for vulnerabilities, including sexual exploitation. We are also going to review the partners' safeguarding assessments to confirm they are in line with national recommendations and consistent across the network.

## **6.0 Clinical Governance**

The Clinical Governance Steering Group, also chaired by the network coordinator with representatives from each provider, is responsible for improving consistency and service development across all three partner organisations. This includes ensuring equal services are offered to young people regardless of their point of access, that protocols are shared and adapted where necessary and that there are good referral pathways between network providers, into and out of the network. The group has developed referral pathways between our own services and into external healthcare providers, for example level 3 GUM and contraception services, termination of pregnancy and antenatal services.

One of the challenges has been that relatively few patients under the age of 16 are accessing our main clinics compared with older patients, as well as significantly fewer young men than women. We also have very few patients self-identifying as LGBT or as having a disability.

One of our next tasks is to review whether the network offers services in ways and at times that young people want. Our Young People's Participation Coordinator is going to get feedback from our service users and also those not attending our services, allowing us to gain some insight into the type of service improvements we can deliver to make accessing our clinics easier for all young people.

## **7.0 Young People's Participation and Promotional Work**

Getting young people's voices heard is at the heart of the network's philosophy. We believe in asking young people what they want from our services and supporting them in shaping them and making them their own. To ensure we can achieve this, we recruited our Young People's Participation Coordinator in January.

So far we have worked with and consulted young people to develop our network name and logo, to create a design brief for our service leaflet, to recruit and interview our Young People's Participation Coordinator and to contribute to the newsletter for our external stakeholders.

This year we will get young people's contributions to develop the network's participation action plan, a network-wide patient feedback questionnaire, our network confidentiality statement and our website which currently holds some basic information on [www.camish.co.uk](http://www.camish.co.uk). We are recruiting young people to become members of the Camish youth participation group, we are planning to run some mystery shopping in our services and are deciding on our quality assurance model to evidence that our services are young people friendly.

The Camish network has published two newsletters this year and held a number of events including our public launch in September, events for c-card outlets and a joint c-card and external stakeholder event in March.

In addition, the providers have led two joint sexual health and health promotion campaigns for young people in Camden and Islington during National HIV Testing Week/World AIDS Day and Valentine's Day/LGBT History Month. The week-long events were supported by young people and hosted by our partner organisations LIFT, the HIVE and CANDI among others. They involved fun activities, c-cards, free condoms, health promotion quizzes and educational workshops, sexual health screening, signposting to services and campaigns prepared and delivered by young people.

In the coming year we want to build on our partnership working and continue to deliver campaigns at key points in the calendar. We also want to create more opportunities for joint working with other partners, who work with young people around their health and wellbeing to be able to holistically support young people. We will continue to keep our external partners up to date via our newsletter and create networking opportunities through future events.

## **8.0 Sex and Relationship Education (SRE) in schools**

The three providers Brandon, Brook and Homerton are also commissioned to deliver a basic offer of SRE to all schools across the two boroughs and to support teachers to develop lesson plans using the resources in 'SRE covered'. Over the last year Brook has coordinated the delivery of SRE to 15 schools across Camden and Islington on behalf of the network and we jointly delivered over 248 sessions to over 3,000 young people. We supported the team of sexual health practitioners in the following ways:

- We put together a core offer of prepared session plans and PowerPoint presentations on Contraception, STIs and access to services (included in all sessions).
- We developed partnerships with school nurses to expand capacity to support the offer to schools in Camden.
- The SRE coordinator supported teachers to deliver extended programmes in 2 schools
- Administrative systems were developed to streamline booking and feedback and quality assure the delivery.
- We piloted evaluation systems for young people, staff and facilitators developed with the young health champions from the YMCA
- In October the coordinator ran a forum meeting of providers from across the two boroughs to improve communication and develop complementary approaches.

## 9.0 Our Clinics

### 9.1 Brook Euston

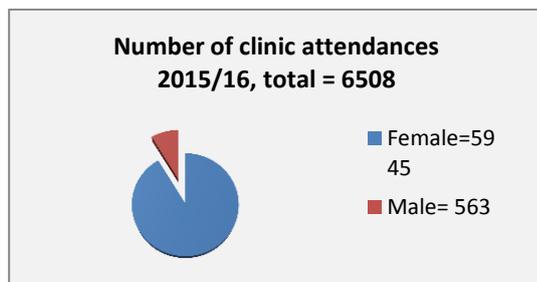
In our first year as partners in the Camish network the Brook Euston clinic has seen an increase in the uptake of HIV testing and are planning to implement the combined point of care Syphilis and HIV test in the near future. A doctor session has been introduced into our clinic and is very well attended, with IUD insertion being the most commonly requested service.

We have also successfully introduced a new proforma across Brook to support staff with identifying patients at risk of harm or those with additional support needs. This has led to an increase in demand for our counselling service which now has a waiting list. In addition, we are in the process of improving our partner notification systems for patients diagnosed with a sexually transmitted infection, by rolling out SXT, a system whereby patients can notify partners by text message or email.

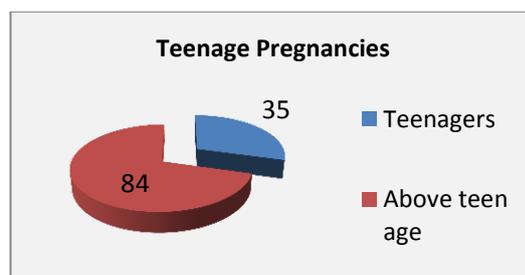
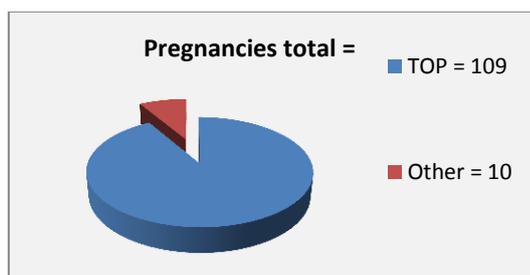
In the coming year we are planning to consult with young people and staff to ensure that male clients and clients aged under 18 are encouraged to access the clinic. Suggestions include making under 18s aware that they will be fast tracked, by placing notices in the waiting area. We will also consider providing appointments for over 18s at less busy times that will fit around work and university commitments.

We are looking to expand our clinic space to enable Clinic Support Workers to see more clients and provide a triage service before consultation with clinical staff.

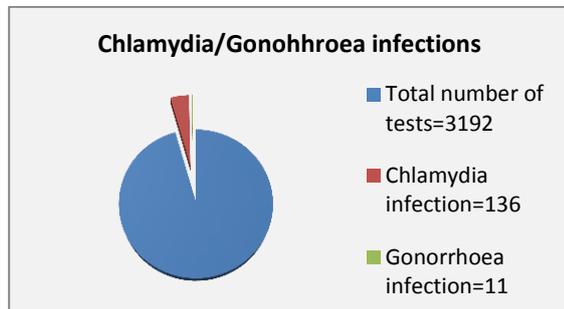
In 2015/16 the clinic saw a total of 6508 young people attend (this includes those patients attending more than once), with a total of 563 males and 5945 females.



119 female patients were found to be pregnant, 35 of these were teenagers.



136 patients were diagnosed with Chlamydia, 11 with Gonorrhoea and out of 593 patients testing for HIV, none was found to have the infection. In addition, 9.02% of patients receiving a method of contraception opted for LARC (long-acting reversible contraception).



Patient feedback at Brook Euston:

*"I couldn't be happier coming to Brook in Euston, I always feel comfortable talking to the staff here. They are so understanding and always give the best advice. Brook has made my experience so much better."*

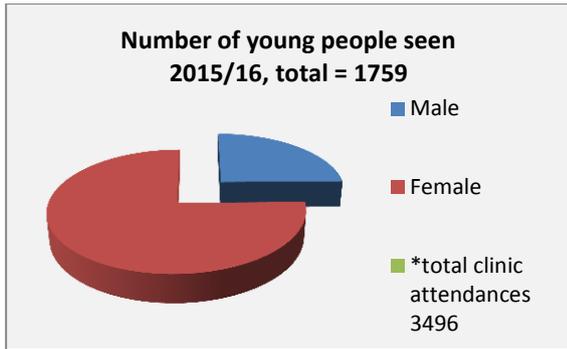
## 9.2 The Brandon Centre

In line with service specifications of the new contract, the centre's core sexual health clinic provision has expanded, improving access for young people up to the age of 25, and reducing the need for onward referral to larger GUM and contraceptive clinics.

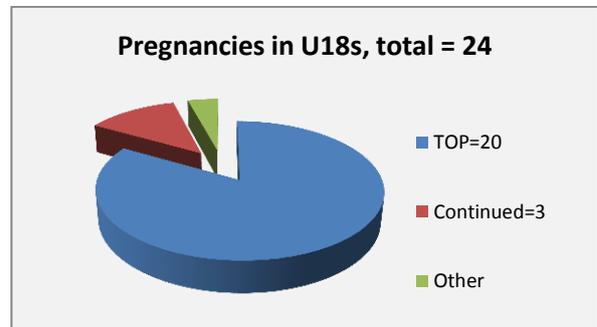
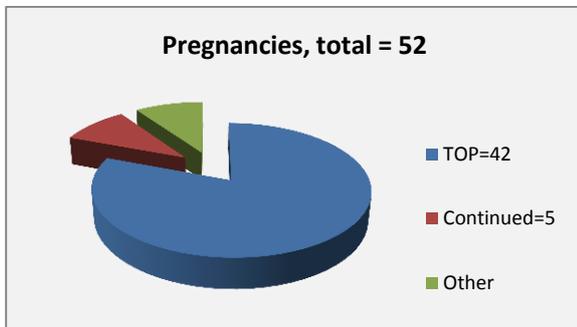
To achieve this we extended our opening hours so that support workers and specialist nurses/doctors are available six days a week, including early evenings and Saturdays. We refurbished our clinic to provide an extra consultation room and expanded our drop-in services so that more young people have immediate access to a trained support worker who can provide advice and information, condoms, full STI testing for those without symptoms, and in time, pregnancy testing and assistance with self-referral to abortion services.

We recognise that a well-run drop-in service is particularly successful in attracting young men, and other 'harder to reach' clients, who appreciate the ease and informality of access, and the quick, simple, discreet service they are given. We want to continue to provide holistic care for our patients through timely appointments for psychosexual and therapeutic counselling sessions.

More young people than ever before (1 759 individuals) used the contraceptive and sexual health clinic services during 2015/16, recording 3496 attendances (appointment and drop-in services) in total.

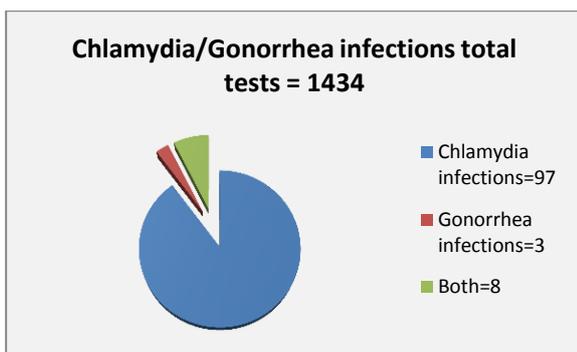


The service saw 52 pregnancies. 42 of these were referred for terminations, 5 were continued, 2 miscarried, and 3 were undecided. Of the 52 pregnancies, 24 were under 18 years old (5 of these were under 16years). In the under 18s, 20 were referred for TOPs, 3 were continued, 1 miscarried.



Almost 70% of young women attending our clinic were provided with effective hormonal contraception, including LARC methods (16%). Promotion of LARC methods continues and 90 contraceptive implants were fitted during 2015/16 (8% increase on last year). Seamless referral pathways have been developed within the network for emergency and routine IUD ('coil') fittings.

1,434 Chlamydia and Gonorrhoea tests were carried out, our highest number to date and a 5% increase on last year. A quarter of these tests were done in young men, largely due to the easy accessibility of the drop-in service. As a result, 97 (8.2%) young people were diagnosed and treated for Chlamydia, 3 for Gonorrhoea and 8 for both infections. HIV testing increased fivefold during 2015/16. Almost 150 HIV point of care 'finger prick' tests were performed, establishing it as an easy and acceptable method of HIV testing for young people. We did not have any reactive tests.



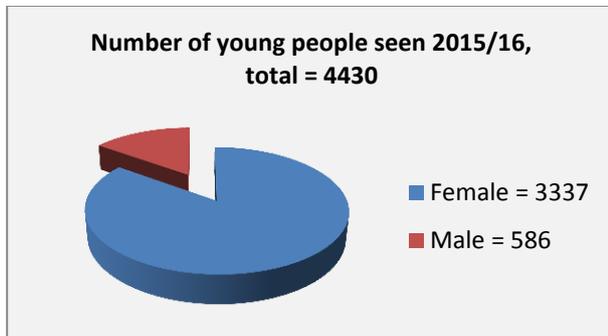
Patient feedback at the Brandon Centre:

*“The first time I came I was very nervous but it felt really comfortable almost immediately”*

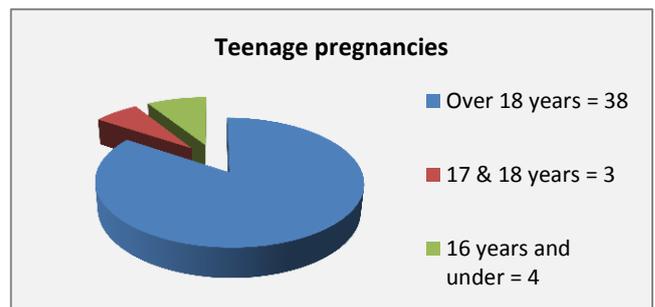
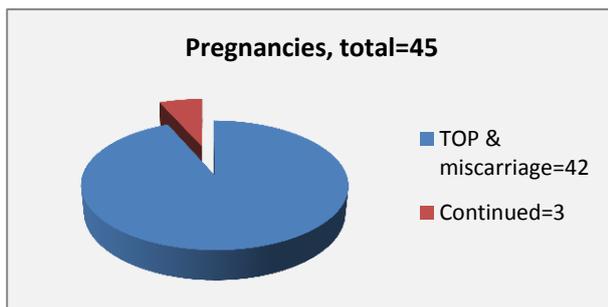
*“They listen and cater to you individually. It’s always really personal – they take into account my beliefs and lifestyle when giving me advice”*

### 9.3 Homerton at Pulse

Homerton University Hospital NHS Foundation Trust was awarded the contract to provide level 1/ 2 sexual and reproductive health interventions for Camden and Islington young people from their PULSE clinics in April 2015. In the period April 2015 - March 2016, there were 4430 attendances by young people to the main PULSE N7 clinic. 3337 females and 586 males were seen in that period, some of them on more than one occasion. Age ranges of young people seen are illustrated in the chart below.

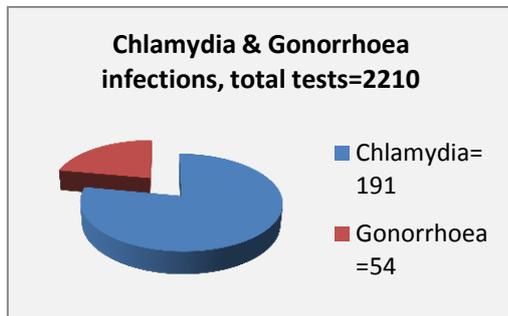


45 young women seen at Pulse N7 had positive pregnancy tests, with 3 choosing to continue and the remainder were either referred for termination or miscarried. Of those young women who were pregnant, 7 were below the age of eighteen years, with 4 aged sixteen years and below. All those who were undecided or had abortions were offered counselling support with counsellors at the clinic.



Since April 2015, 238 young women attending PULSE N7 had contraceptive implants fitted, with 31 getting IUD/S and 176 receiving contraceptive injections. Short term contraception is a more popular form of contraception with over 1551 young women choosing to use contraceptive pills or patches.

2210 young people were tested for Chlamydia and Gonorrhoea and 783 received HIV and Syphilis tests, with 3 Syphilis and no HIV infections diagnosed. For the number of positive Chlamydia and Gonorrhoea tests, see chart below.



Since the start of the contract, PULSE N7 has had challenges with IT issues, initially working via Whittington IT facilities while Homerton systems were put in place. This was of particular note as the service works on an electronic patient record system.

The service, similar to the other Camish services, successfully extended the age range of service users up to 25 years and identified safeguarding concerns and referred or shared safeguarding information with relevant partners. Moreover, we offer all contraceptive methods through appointments and drop-in clinics, started to offer an appointment service in addition to drop in services and run Saturday and evening clinics.

In the coming year we are looking to start self-checks for Chlamydia and Gonorrhoea for clients over 18 years old with no symptoms. We envisage that this will help reduce waiting times and enable us to see more young people under the age of 18 as well those who may be experiencing symptoms.

Patient feedback at Pulse:

*“Reception staff were friendly and helpful. Phoned earlier and advice given was good.”*

*“I had a wonderful experience - seen quickly and friendly doctors.”*

#### 9.4 Pulse Outreach Clinics

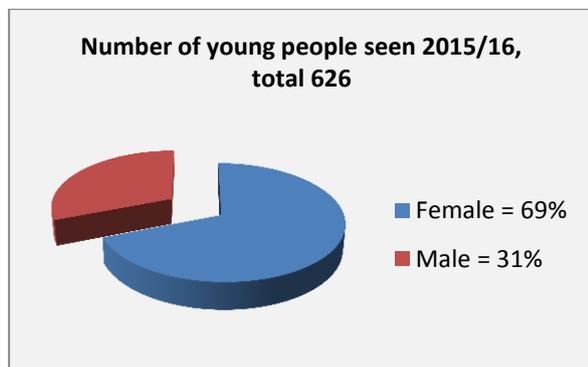
In 2015/16 the Homerton have reviewed clinical outreach locations to ensure there is equitable distribution of services across Camden and Islington. Clinics in Islington are currently run at Lift and Platform youth hubs and City and Islington College.

The most significant developments have occurred in Camden, where a new youth hub, the HIVE, opened this year to support young people around their health and wellbeing, including mental health. Thursday is now known as the HIVE wellbeing day. The Pulse service runs alongside the HIVE team and a new health check drop-in run by the Looked After Children's Nurse for children and young people in care and care leavers. Our

staff are offering sexual and reproductive health interventions, including some long acting contraception like implants. Open access clinics run every Thursday and are available to young people aged 13-25 years.

In addition, we offer a “Clinic in a box” service in Camden every Tuesday. This is a mobile clinic that can be taken anywhere young people are. Services provided include Chlamydia, Gonorrhoea, pregnancy testing and treatment, contraception, condoms and C-Card. We are advertising the service to youth centres and youth clubs and have also made links with residential housing services for looked after young people to run clinics there. Other work has included sessions with young parents, the young fathers group and with youth workers on the local estates.

In total, 626 young people were seen for sexual reproductive health interventions in the PULSE clinical outreach settings. Of these, 31% were male and 69% female. While fewer males were seen than females as illustrated below; it is evident that more young men are accessing clinical outreach settings than traditional clinical settings.



In the above outreach clinic settings, vulnerable young people are seen and supported who would not always access mainstream services. As with any new service, it has taken time to build relationships and set up services with new partners. In the past months we have seen an increasing number of organisations take up our outreach services in conjunction with health promotion sessions delivered by our partners from Brook. In the coming year we are hoping to book a regular programme of educational sessions and clinic in a box in services working with young people and further expand our networks.

## **10.0 Our Specialisms**

### **10.1 Targeted work with vulnerable young people**

In the last year the Brook Education Team have been developing relationships with services for young people in Camden and Islington, especially those working with vulnerable young people. The team are new to Camden and recognised that it takes time and persistence to build and maintain good working relationships. In the coming year we are going to build on our work, for example with looked after children, and explore

options for involving young people in work experience opportunities to support youth participation in the network.

Brook deliver the targeted work in the following ways:

- a) 121 work at the Youth Offending Services: All young people at the Youth Offending Services in Camden and Islington are referred to our worker for 1- 4 sessions covering healthy relationships, consent, sex and the law and access to services. The worker also supports small group sessions and staff training on talking to young people about sexual health. Last year they worked with over 80 young people.
- b) Small groups work: The team developed programmes to deliver in special schools and PRUs with supporting workbooks as well as developing programmes for youth settings and detached projects. All programmes are linked to the Sex and Relationships Education work the Camish network delivers in schools to ensure continuity and promotion of all services.
- c) Peer education programme: The team supported young people's involvement in the design of the Camish logo and to perform at the Camish launch event in September 2015. They worked with the Young Health Champions from the YMCA to design the network's new Sex and Relationships Education programme for schools. In addition, we ran peer-led sexual health projects with students from Westminster Kingsway and CANDI colleges. The peer educators then supported World AIDS Day events in their colleges and at Camden's new youth centre the HIVE.

Feedback received from services:

*CCFL - "The young people were really engaged and they enjoyed the sessions immensely. The facilitators were able to adapt the sessions to meet the needs of the students"*

*The Courtyard at SMMA - "It's their favourite lesson, they love it!"*

## 10.2 The C-Card Scheme

The C-Card scheme provides young people (aged 13 to 24) with access to free condoms from 'C-Card outlets' (youth clubs, colleges and other community youth services). Once registered for the scheme, young people are provided with a card, which allows them easy access to free condoms from any C-Card outlet in Camden, Islington, or any other borough that participates in the London wide Come Correct C-Card scheme. When young people attend a service to access condoms, they are encouraged to discuss safe condom use and other sexual health issues with a staff member who has received appropriate training. They are offered a 'self-test' on site for Chlamydia and Gonorrhoea, and are informed about the local network of sexual health clinics.

Last year we provided training and support to staff in 40 C-Card outlets throughout Camden and Islington. As a result, 2015/16 saw a total of 2,153 new registrations onto the C-Card scheme, together with 1,629 repeat attendances for condoms. 70 young people accessed Chlamydia/Gonorrhoea screening at a C-Card site.

Feedback from a C-Card outlet:

*“We have been operating the C-Card scheme for a number of years and I can safely say that this service has had a phenomenal effect on our ability to provide our young people with a high quality, personal and positive service..... enabling young people to discover and take charge of their sexual health..... in a safe and nurturing environment”*

### **10.3 Workforce Development**

Workforce development (WFD) training on sexual and reproductive health issues that affect young people targets staff working with young people across Camden and Islington. Training aims to help staff and organisations develop more confidence when dealing with sexual health issues, feel better placed to advise and signpost young people to other services or become a C-Card provider themselves. Additional training is provided where specific ‘emerging’ themes have been identified by the workforce.

Last year we delivered four level 1 and 2 training sessions across the two boroughs (78 participants for level 1 and 64 participants for level 2 overall). Two stakeholder events brought together 41 members of staff from 27 different organisations. By request, a training day focussing on young people and pornography was delivered to 27 participants, as well as a bespoke full day training on level 1 and 2 sexual health, healthy relationships and C-Card.

For 2016-17, WFD training has been redesigned to offer sessions specifically for foster carers. We hope to explore the possibility of making our core training mandatory to anyone working with young people across both boroughs

### **11.0 In Summary and Our Plans for the Year 2016/17**

2015/16 has been a very successful but also challenging year for Brook, The Brandon Centre and the Homerton University Hospital NHS Foundation Trust. The Camish network brought these three organisations together as network partners to contribute their experience and expertise to shaping sexual health services for young people in Camden and Islington. Working together has been really interesting bringing different perspectives, skills and knowledge to the table. We all learnt that it takes time to develop ways of working together, including shared guidelines and protocols, setting up a programme of youth participation and joint working in the community to name only a few. It also takes time and patience to develop and maintain relationships with stakeholders in order to be able to reach those young people who need our services most.

Some of our plans for the year ahead will be to launch our 2016/17 SRE offer to schools and further support them to increase capacity to deliver their own sessions. We will work on developing a well-coordinated programme of educational workshops, clinic in a box, C-Card and professionals training in the two boroughs, building on what we have already achieved this year. Finally, we will be asking young people what they want from our services. We want them to help us shape what we do by setting up a Camish youth participation

group, running focus groups to develop a questionnaire and understand barriers to accessing our services and mystery shopping to quality assure our clinics.

## Appendix A

### Clinic Opening Times

<p><b>Brandon Centre</b> 26 Prince of Wales Rd London NW5 3LG Tel: 020 7267 4792 www.brandon-centre.org.uk</p> <p>Mon – Thu 09:30-19:00 Fri 09:30-17:00 Sat 10:00-15:00</p>	<p><b>Brook Euston</b> 92–94 Chalton St London NW1 1HJ Tel: 020 7387 8700 www.brook.org.uk</p> <p>Mon – Fri 12:00-18:00 Sat 12:00-14:00</p>	<p><b>Pulse</b> 164 Holloway Rd London N7 8DD Tel: 020 7527 1300</p> <p>Mon - Fri 12:00-18:00 Wed 13:30-18:00 Sat 12:00-14:00</p>
<p><b>Pulse @ LIFT</b> 45 White Lion St London N1 9PW Tel: 020 7527 7030</p> <p>Mon &amp; Wed 15:00-19:00</p>	<p><b>Pulse @ PLATFORM</b> Hornsey Road Baths 2 Tiltman Place London N7 7EE Tel: 020 7527 4468</p> <p>Every second Fri 15:00-18:00</p>	<p><b>Pulse @ the HIVE</b> 18 Harben Parade Finchley Rd London NW3 6JP Tel: 020 3198 0520</p> <p>Thu 15:00-18:00</p>

This report was written by the network coordinator with contributions from all the providers.

July 2016