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Welcome to the second edition of the Camish newsletter!

If you would like to find out more about the Camden & Islington Young People's Sexual Health Network, have any ideas for how we could work together or any feedback for us, I would love to hear from you.

Effi Stergiopoulou, Network Coordinator: camish.network@homerton.nhs.uk www.camish.co.uk



Young Peoples' Participation

Since starting her role in January, the **Young Peoples' Participation Co-ordinator** has been working hard to meet with different participation groups in Camden and Islington and has made some fantastic contacts! She will work with young people to co-produce and ensure they are at the centre of the decision making process across the network. We will be working to involve vulnerable young people and hard to reach communities such as under 16's, looked after children, young men, young parents, young people with disabilities and learning disabilities, those from ethnic minority backgrounds and many more to ensure they are supported to participate and get their voices heard.

Evidence shows that young peoples' participation needs to be meaningful, sustainable and time is needed to plan, prepare and ensure young peoples' involvement. It is also important to monitor and evaluate the participation work with the young people involved. We will be looking at setting up focus groups, questionnaires, surveys, workshops and mystery shopping.

These are some of the key principles for our participation work:

- 1. Support young peoples' access**
- 2. Seek diversity**
- 3. Empower all young people**
- 4. Give rewards and recognition**
- 5. Create a fun and motivating culture**

Get in touch

Do you have contact with young people or young people's groups/forums/services you feel would benefit from participating in the network?

Would you like more information?

Please contact: Kali Linton e: kali.linton@homerton.nhs.uk m: 07342 077718

Young people can contact: CAMISH.participation@homerton.nhs.uk or m: 07342 077718

***Please circulate and display our young people's participation poster (attached)!**



The Brandon Centre Update

The Brandon Centre is excited to report that in the 2015/16 we achieved **more contraceptive and sexual health service attendances than in any previous year**. Given the disruption of services we experienced during refurbishments, we are especially pleased to have been able to achieve this increase.

We have also screened more young people than any year prior, as well as **more young men** than ever before.

In coming weeks we plan to extend our '**drop-in**' services: young people will be able to have a **full check-up for sexually transmitted infections** (including an instant 'finger prick' HIV and syphilis test) without needing to make an appointment. If they have any additional concerns or problems, they can always be fast tracked to see one of our nurses or doctors.

We are pleased to share with you some service user **feedback** we received last quarter:

"They are understanding, not judgmental and it feels comfortable to speak to the workers"

"Quick and efficient service. Professional doctors"

"Very friendly and helpful staff on the phones and in practice: Always available within a few days"

"They listen and cater to you individually"

Pulse Update & Pulse outreach clinics in Camden and Islington



Watch this space, PULSE is very popular with young people and we are exploring ways to improve access to the service e.g. offering **more long-acting reversible contraception clinic appointments** between 10am and 12noon. In addition, we will be piloting self-checks for older clients.

Our **counsellors Jennie and Sandra** are at PULSE on Tuesdays and Wednesdays. To refer young people, please call **020 7527 1300**.

Check out the fantastic youth hubs in Camden and Islington. They are a great place for young people to relax, de-stress and enjoy positive activities such as music, arts and dance in a safe supportive environment while looking after their sexual health.

To book an appointment for a young person at any outreach clinic contact:
lizillman@nhs.net m: 07825 933256

Professionals are welcome to accompany a young person.



PULSE@ HIVE drop-in session runs on **Thursdays 3-6pm** at this new hub – **open to ALL young people 13-25 years**. The HIVE is a lovely new youth centre providing activities and emotional/mental health support for young people 16-24 years.



PULSE@LIFT drop-in runs during the youth sessions on **Mondays and Wednesdays 3-7pm** to provide a confidential clinical service in a relaxed setting. Lift youth hub has a fully equipped gym with personal trainer. There is a women only session on Wednesdays from 4-5pm – this is an ideal place to start getting fit and feeling good.



PULSE@PLATFORM has moved to **Fridays 2.30-6pm** to run alongside the evening youth session. Young parents can access the service after their Inspire! group. Youth workers are on site to provide additional support.



“Pulse Clinic in a box” on Tuesdays

This is a mobile clinic visiting hostels, youth centres and youth projects across Camden. To find out more and to book a session contact: lizlllman@nhs.net
m: 07825 933256



Brook Update

The **Brook education team** have been networking with schools and agencies across the two boroughs to raise awareness of the services available to deliver accessible sex and relationships education to support young people.

As well as delivering in schools and youth settings this work has included a **health promotion campaign** at the colleges and youth hubs to raise awareness of healthy relationships the complexities of consent and access to services. As part of this the team worked with two work experience students and a PhD student to run an interactive stall on Consent at LIFT. The students interviewed young people about their ideas on consent to support the PhD project.

They also worked on a **project with the British Museum** supporting an art based workshop with students from Acland Burghley school as part of LGBT history month. The students looked at objects in the museum and developed a display in the atrium as part of a celebration event.

The team have focused on developing consistent **resources for vulnerable young people** to ensure that the images and messages used in the education programs are in the clinic service so that young people can easily identify what is being discussed. This has also included developing resources and specifically a leaflet for young people whose first language is not English to enable them to access service information.

For further information please contact alison.robert@brook.org.uk



C-Card – Update

C-Card is going steadily in Camden and Islington. Between January and March 2012 our **Chlamydia/Gonorrhoea** screening, gave us **64 screens** which is amazing for the C-Card Outlets across the two boroughs. New dates for screening training will be posted shortly.

We had a joint **Network/C-Card event** in March, feedback by attendees: *they loved the networking opportunity and the talk by Barnardo's.*



Training Calendar

Across Islington and Camden we have training opportunities, which can be accessed by staff. They can attend any of the trainings, in any of the boroughs.

If you work in Islington and would like to request a place on any course listed below please email Zahra.Clarke-Johnney on: Zahra.Clarke-Johnney@islington.gov.uk

If you work in Camden, please book a place at www.camdentds.co.uk/.

If you have any questions, contact Belinda.Narayanan or Shirdon Barthelmy on

Belinda.Narayanan@brook.org.uk (Islington) or ShirdonBarthelmy@brandoncentre.org.uk (Camden).

Islington dates (2016/17)

<u>Puberty, Sex and Relationships</u> 22 nd June 2016 (Day 1) 10am – 2.30pm 23 rd June 2016 (Day 2) 10am – 2.30pm Location: Islington Children's Services, 3 Elwood Street, London, N5 1EB	<u>Come Correct C-Card Condom Distribution Scheme Training</u> 6 th October 2016 9.30am – 4.30pm Location: Committee Room 1, Islington Town Hall, Upper Street, N1 2UD	<u>Young People and Pornography</u> 10 th November 2016 9.30am – 4.30pm Location: Committee Room 4, Islington Town Hall, Upper Street, N1 2UD
<u>Introduction to talking to young people about sexual health</u> 4 th October 2016 9.30am – 4.30pm Location: Committee Room 1, Islington Town Hall, Upper Street, N1 2U	<u>Young People and Relationships</u> 20 th October 2016 9.30am – 4.30pm Location: Laycock Street PDC, Laycock Street, London, N1 1TH	<u>Come Correct C-Card Condom Distribution Scheme Training</u> 22 nd February 2017 9.30am – 4.30pm Location: Laycock Street PDC, Laycock Street, London, N1 1TH

Camden dates (2016/17)

<u>Introduction to talking to young people about sexual health</u> *30 th November 2016 9.30am – 4.30pm	<u>Puberty, Sex and Relationships</u> *1 st February 2017 (Day 1) 10am - 2.30pm	<u>Young People and Pornography</u> *15 th March 2017 9.30am – 4.30pm
<u>Come Correct C-Card Condom Distribution Scheme Training</u> *7 th December 2016 9.30am – 4.30pm	<u>Puberty, Sex and Relationships</u> *2 nd February 2017 (Day 2) 10am – 2.30pm	<u>Young People and Relationships</u> *30 th March 2017 9.30am – 4.30pm

***Location:** Training and Development Centre (TDC), 2nd Floor Crowndale Centre, 218 Eversholt Street, London NW1 1BD



Job Opportunity

An exciting opportunity has arisen for a **clinical nurse specialist/clinic manager** who can work as an independent prescriber, to provide clinical sessions and manage the Brandon Centre's Contraception and Sexual Health Service.

Part-time: 3-4 days (some evening work required)
Pay scale: Band 7-8 (depending on experience)

The role will be supported by the lead clinician, a part-time doctor, and will involve the running and management of the clinic and supporting the Client Support Workers in the provision of drop-in services.

For further details, please contact
Helen Montgomery, Lead Clinician, helenmontgomery@brandoncentre.org.uk or
Charlotte Reynolds, Operations Manager, charlottereynolds@brandoncentre.org.uk
Tel. 020 7267 4792



Clinic details

Brandon Centre

26 Prince of Wales Rd
London NW5 3LG
Mon – Thu 09:30-19:00
Fri 09:30-17:00
Sat 10:00-15:00

020 7267 4792
brandon-centre.org.uk

Brook Euston

92–94 Chalton St
London NW1 1HJ
Mon – Fri 12:00-18:00
Sat 12:00-14:00

020 7387 8700
brook.org.uk

Pulse

164 Holloway Rd
London N7 8DD
Mon - Fri 12:00-18:00
Wed 13:30-18:00
Sat 12:00-14:00

020 7527 1300

Pulse @ LIFT

45 White Lion St
London N1 9PW
Mon & Wed 15:00-19:00
020 7527 7030

Pulse @ PLATFORM

Hornsey Road Baths
260 Hornsey Rd
London N7 7QT
Fri 15:00-18:00
020 7527 4468

Pulse @ the HIVE

18 Harben Parade
Finchley Rd
London NW3 6JP
Thu 15:00-18:00
020 3198 0520

Contact Us

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Kali Linton	Young People's Participation Coordinator	kali.linton@homerton.nhs.net
Liz Illman	Outreach Clinics Coordinator	lizillman@nhs.net
Alison Robert	SRE Coordinator	alison.robert@brook.org.uk
Gareth Esson	Small group work lead	gareth.esson@brook.org.uk
Glen Thompson	One to one lead	glen.thompson@islington.gov.uk
Jessica Polydore	Peer education lead	jessica.polydore@brook.org.uk
Shirdon Barthelmy	C-Card Coordinator Camden	shirdonbarthelmy@brandoncentre.org.uk
Belinda Narayan	C-Card Coordinator Islington	belinda.narayanan@brook.org.uk