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Welcome to the third 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 really like to hear from you.

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



Camish Annual Report 2015/16

We are very proud to present the network's first annual report (**see attached**). It covers our first year of working together in partnership with and for the young people in Camden and Islington. The network came into being in April 2015, with the **official launch last September**. Since then all the providers and their staff have worked really hard and achieved an incredible amount. Some of the providers were completely new to the boroughs and all extended the age group for their clients from under 21 to under 25. The annual report highlights some of the **achievements and challenges** of our first year, some of the lessons we learnt and plans for the future.



Camish Event - January 2017

The Camish network will be hosting an event for new partners in January 2017. The date will be confirmed very soon, so watch this space or email us to register your interest.

We would love to hear your thoughts and suggestions of useful topics and information to include as we are holding this event for you!

Please email Effi Stergiopoulou at camish.network@homerton.nhs.uk with your ideas and for further information.

The finer details will be decided closer to the time, but there will be lots of opportunity to meet new people, network and of course a lovely lunch at the end!



Young People's Participation

CAMISH had its first **Young People's Sexual Health Consultation** on Tuesday 16th August 2016 at the Arsenal Hub N7, next door to the Arsenal Stadium. Young people were invited to help us write our **confidentiality statement** to display in clinics and on our website, create a Camish **clinic feedback questionnaire**, so we can learn what our patients think of our clinics and make sure we ask them the right questions. The group also helped create a **survey to find out what barriers there might be for some young people to accessing our services**.

In return for their hard work, young people were given £30 in shopping vouchers, lunch and refreshments and were also able to improve their communication skills, increase their confidence and were given the chance to influence the network's policies and procedures.

We had a great turnout with 20 young people between the ages of 13-24 from Camden & Islington attending. The plan for the day included a visit to the Pulse young people sexual health service on Holloway Road, group activities and a chance to sign up for further participation in the network. The event was supported by CAMISH staff and the Participation Officer for Children and Young People's Health Services from Islington Council.

The event was incredibly insightful for the network as it helped us gain deeper understanding of the priorities for young people, improve the quality of our services and our decision making process.

The next step is to analyse all the data and feedback from the day and **feedback to the young people** what service developments can be implemented as a result of the consultation.

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)!**

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: lizlllman@nhs.net
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 a 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 **every second Friday 3-6pm** 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. Please call ahead to ensure the Pulse service is running on the day young people want to come.



“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



Training Calendar

The Camish Network provide **free training** for staff working in Camden and Islington. Please see the training calendar below for our current topics.

Staff can book sessions in either borough regardless of where they work!

If you have any questions, contact Belinda.Narayanan or Shirdon Barthelmy at Belinda.Narayanan@brook.org.uk (Islington) or ShirdonBarthelmy@brandoncentre.org.uk (Camden).

Islington dates (2016/17)

To book please contact Zahra.Clarke-Johnney@islington.gov.uk

	<p><u>Come Correct C-Card Condom Distribution Scheme Training</u></p> <p>6th October 2016 9.30am – 4.30pm</p> <p>Location: Committee Room 1, Islington Town Hall, Upper Street, N1 2UD</p>	<p><u>Young People and Pornography</u></p> <p>10th November 2016 9.30am – 4.30pm</p> <p>Location: Committee Room 4, Islington Town Hall, Upper Street, N1 2UD</p>
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<u>Introduction to talking to young people about sexual health</u>	<u>Young People and Relationships</u>	<u>Come Correct C-Card Condom Distribution Scheme Training</u>
4 th October 2016 9.30am – 4.30pm	20 th October 2016 9.30am – 4.30pm	22 nd February 2017 9.30am – 4.30pm
Location: Committee Room 1, Islington Town Hall, Upper Street, N1 2U	Location: Laycock Street PDC, Laycock Street, London, N1 1T	Location: Laycock Street PDC, Laycock Street, London, N1 1TH

Camden dates (2016/17)

Please book a place at www.camdentds.co.uk/

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

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



Clinic details

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



Contact Us

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Liz Illman	Outreach Clinics Coordinator	lizillman@nhs.net
Shirdon Barthelmy	C-Card Coordinator Camden	shirdonbarthelmy@brandoncentre.org.uk
Belinda Narayan	Education and Wellbeing Coordinator (incl. C-Card Islington)	belinda.narayanan@brook.org.uk