

Tackling Teenage Pregnancy in Southwark – Health First’s Programme Delivery & Support

Health First are delivering and supporting a number of programmes to tackle teenage pregnancy in Southwark.

Staff

Senior Health Promotion Specialist (Children & Young People)

- Key Teenage Pregnancy Worker at Health First supporting the all of projects listed. Working across LSL, providing generic health promotion consultancy – currently with a focus on sexual health.

Project Worker – Community Sex & Relationship Education [SRE] Project (part time)

- Working exclusively on the Community SRE Project across LSL.

Graphic Designer

- Working on Community SRE Project, Choose Your Life Campaign, as well as supporting the Teenage Pregnancy Unit with various projects.

Senior Manager – Sexual Health

- Manages the Sexual health Team at Health First and the Condom Programme.

Professional Development Advisor – Sexual health

- Providing the central training programmes at Health First.

Senior Health Promotion Specialist (Sexual Health Service)

- Supports the development of sexual health services across LSL.

Senior Health Promotion Specialist (African Communities)

- Running the African Communities Small Grant Scheme

Senior Health Promotion Specialist (Communities)

- Running the Caribbean Communities Small Grant Scheme.

Sections

Health First supports the Teenage Pregnancy Strategy in a number of ways.

- Strategy / Policy
- Sex and Relationships Education
- Campaigns & Media
- Sexual Health Services
- Condom Provision
- Training
- Learning Resource Centre
- Small Grant Schemes
- Other – Reactive Work

STRATEGY / POLICY

- **Southwark Teenage Pregnancy Steering Group**

Health First has continued to support the development of the Teenage Pregnancy Strategy in Southwark. As a member of the Steering Group Health First has been involved in the development of the Sub groups and the commissioning and monitoring of projects funded through the Teenage Pregnancy Unit. .

SEX AND RELATIONSHIP EDUCATION (SRE)

- **Lambeth, Southwark & Lewisham [LSL] Community SRE Project**

Health First has been commissioned by the Teenage Pregnancy Units in LSL to develop the Community SRE Project. This has involved the production of a new comprehensive and flexible SRE curriculum resource pack and providing a training and mentoring programme for those working with vulnerable young people in informal settings. The project will benefit anyone working with vulnerable young people e.g. Youth Offending Teams [YOT's], looked after children [CLA's], young parents, young refugees, young lesbian, gay and bisexual people, young carers, faith groups and the youth and community sector. The SRE resource pack has been developed in consultation with over 150 young people and over 50 professionals.

The pack is called "Up Close" and it contains 7 sections, Getting Started, Respect, Sexuality, Faith, Body, Safety and Help. Sections contain information, numerous exercise, worksheets and games. It also contains CD with rap music, condom demonstrator, leaflets and card games. "Up Close" will be launched on 21st October 2003 at Waterloo Living Space.

The training and mentoring programme is in 4 parts. 1) a borough based community training programme on how to use the "Up Close" pack, 2) a training the trainers programme, 3) a 1-1 coaching and mentoring programme for those with specific needs, 4) access to the central HIV and sexual health training programme at Health First.

- **Healthier School Partnership**

Health First has supported the Healthier School Partnership with the development of Quality Standards Framework [QAF] for SRE in schools in LSL. This has involved the development of a joint planning and evaluation "form" for agencies delivering SRE in schools. This is to encourage and improve the quality of SRE delivered in schools.

- **Bodypower**

Health First has supported the development of a "virtual SRE team" called Bodypower in Southwark . This has involved developing and delivering training and mentoring programme for professionals delivering SRE in Southwark schools and community settings. This is to co-ordinate agencies delivering SRE in schools and community settings and also to improve the quality of SRE teaching and to provide peer support to workers.

CAMPAIGNS / MEDIA

- **Pan LSL-Teenage Pregnancy Media Group. / “Choose Your Life Campaign”.**

Health First chairs the Pan-LSL TP media group As well as chairing the group Health First also provides specialist consultancy on health promotion, campaigns and graphic design.

The media group has developed the “Choose Your Life” campaign. This has involved communicating 2 messages to young people, one on teenage parenthood and the other on STI’s. The campaign was developed in consultation with young people who came up with the ideas around “choice”.

The campaign has had different phases and used different mediums. There have been posters, postcards and a pocket sizes flyer containing condoms. There also was a bus and bus stop campaign. The outsides and insides of buses were covered in campaign images. Bus stops around schools and teenage pregnancy “hot-spot” were targeted to carry illuminated giant-sized posters.

The campaign was backed up by a Choose Your Life help line and text service run through NHS direct. Health First provided training for the call handlers.

Health First trained the “Choose Your Life” teenage peer educators in Southwark. The peer educators ran a road show in schools and youth settings promoting the campaign and providing general sexual health information.

- **Southwark Teenage Pregnancy media Group**

Health First will sit on this group and provide consultancy and support. The group will start up at the end of September 2003.

- **Radio Broadcast**

Health First participated in a radio broadcast discussion programme on young people sexual health. The broadcast had a focus on sexual health in the BME communities.

SEXUAL HEALTH SERVICE DEVELOPMENT

- **Steering, Planning & Advisory Group [SPAG]**

Health First is a member of SPAG, providing Health Promotion consultancy to this steering group. This is group, which involves the Primary Care Trust, local authority, voluntary sector and acute trusts.

- **Emergency Contraception [EC] Group**

Health First are on the steering group and have supported the EC project. Health First are currently supporting the development of EC cards to raise awareness of local services where women can access EC.

CONDOM PROVISION

Health First manages the condom provision across LSL. It is currently developing its condom provision to the Teenage Pregnancy Units – this includes development of a condom distribution policy and training for front line staff.

TRAINING

- **Health First Central Training Programme**

Health First is providing a series of SRE central training aimed at professionals working with Children / Young People. The programme varies from year to year. In 2003 the programme included “does it come in half sizes” condom training. Training on homophobia, Young people and sexually transmitted infections [STI's]. etc.

- **Sure Start Plus**

Health First have supported the Sure Start Plus Teams in LSL develop a central training programme for professionals working with young parents.

- **Training to Support Projects (see specific project for more details)**

Health First has provided training as part of the Community SRE Project, the “Choose Your Life” campaign and Bodypower.

LEARNING RESOURCE CENTRE (LRC)

- **Teaching Resources**

Health First provides a well-equipped Learning Resource Centre (LRC). The LCR provides teaching pack, educational models and games, books and journals that can be borrowed by professionals delivering health promotion / education in LSL. In the last year a number of new SRE resources have been added to the collection. A number of the new resources have focused on delivering SRE to low literacy / special education needs groups

- **Special Events**

We are currently planning a series of special resource events for School Nurses in the LRC. We will focus on different themes including SRE resources for primary schools, special schools and secondary schools.

SMALL GRANT SCHEMES

- **African Community Small Grant**

Health First provides small grants to members of the African Health Forum for projects on HIV and sexual health. Some of the groups who have received grants have been working with young people.

- **Caribbean Communities Small Grant**

Health First provides small grants to community groups working with the Caribbean community. Projects need to address sexual health. Some of the groups who have received grants have been working with young people.

OTHER / REACTIVE WORK

- **Voluntary Sector Consultancy**

We provide consultancy, a 1-1 coaching and mentoring programme to the voluntary sector. This sometimes involves supporting a group develop a project on sexual health and young people

- **Networking & Linking**

Because of Health First almost unique position of providing health promotion services across LSL. The Senior Health Promotion Specialist can link people, projects and ideas across and within borough.