CENTRAL WEST LONDON
SEXUAL HEALTH PROVIDERS FORUM

YOUNG PEOPLE’S SEXUAL HEALTH
SUB GROUP

Wednesday 17th September 2014, 10.30am – 12.00pm
Ian McKellan Hall, London Lighthouse

Co-Chairs: Charlotte Cohen and Emily Mailes
Minutes taken by: Sylvia Nissim (KCSC)

Attendance list attached

<table>
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<th>Item</th>
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| 1    | **WELCOME, REVIEW OF MINUTES**
Co-Chairs: Dr. Charlotte Cohen, WLCSH and Emily Mailes, Living Well |

1.1 The Chairs welcomed participants followed by a round of introductions.
1.2 Minutes of the last meeting on 12 March 2014 were approved. There were no matters arising.
Follow-up note from previous meeting: Groups still waiting for National Guidance related to reporting on FGM.

| 2    | **PRESENTATION: “Positive” Sex & Relationships Research & Resource Project**
Sea Ming Pak - Youth Projects International
Presentation available [here](#)

*The ‘Good sex’ project website (building evidence based practice in young people’s sexual health)*

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<tr>
<td></td>
<td>Youth Project International delivers Sex and Relationships Education (SRE) and general information on sexual health to you people in youth hostels, schools and other places.</td>
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<td>At one of these events, a student asked why SRE was always so negative and why it could not be more positive when it’s supposed to be pleasurable to have sex, instead of the focus always being STI’s and unwanted pregnancies.</td>
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<td>The student was invited to participate in the discussions of what should be covered by SRE. A resource was produced to ask young people what they think would be a good way to talk about SRE. They came up with three simple questions: What would you like to know? What is good sex? What is bad sex?</td>
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The “Positive” SRE Research Questionnaire for young people aged 16+, responses, and other relevant links are included in the presentation.

Research findings will be presented at a tri-borough event (True Talk) in January 2015.

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<td>KCSC to circulate event info</td>
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Sexual Health providers of services to young people can support this research by sharing information and enabling their service users to participate. For more information please contact seaming.pak@ypint.org

3 PRESENTATION: Trend on alcohol/substance misuse and patter of use among young people
Rose Stephen – London Borough of Hammersmith and Fulham
Presentation available here

The problem with substance abuse in young people is that it doesn’t affect them the same way it does adults. It affects their brain development and their social life, and can cause or exacerbate mental illness.

Below are the main substances of concern to the health of young people. Further details such as signs of use and side effects, can be found in the presentation.

Alcohol:
- Alcohol is associated with fun and youth culture encourages young people to drink (music, movies, etc.)
- There is no standard unit for alcohol consumption for Young People because (a) they are not supposed to drink before 16, and (b) it affects young people differently (e.g., according to weight, age, etc.)

Inhalants:
- Inhalants are usually household products such as glue, nail polish remover, solvents, that are no illegal and cheaply accessible to young people.

Skunk:
- Skunk is not herbal cannabis (more chemicals and up to 6x stronger)
- There is a lack of information on the costs of skunk smoking (legal/health)
- Cannabis is a class B drug; penalties include up to 5 years for possession, and 14 years for intent to distribute
- If a young person is caught with a friend smoking, they can also be charged

Khat:
- Khat is a green-leafed shrub which is chewed and has been socially acceptable for centuries by people who live in the Horn of Africa and Arabian Peninsula. In the UK it is particularly used among emigrants and refugees from countries such as Somalia, Ethiopia and the Yemen.
- Khat has been classed as a C drug since April 2014

It is vital that health professionals as well as carers have an understanding about drugs and alcohol (as well as the law) in order to keep children and young people safe.

4 PRESENTATION: RSE Delivery Grid, Trello and Tri Borough Newsletter
Laura Pham – Living Well CIC

- SRE Delivery Grid is a mapping/monitoring form to gather information from organisations that deliver sexual health services in the tri-borough area. The person responsible for collating the information is Linda Thomas, tri-borough sexual health commissioner.
- **Trello** is a free collaboration tool that organizes projects into boards. In one glance, Trello tells you what is being worked on, who is working on what, and where something is in a process. Living Well CIC is using this tool to support tri-borough SRE work. Organisations can sign up to share information and work in partnership.

- The tri-borough **Young People’s Sexual Health Newsletter** is a quarterly publication intended as a resource for professionals to share knowledge, information and good practice across Hammersmith & Fulham, Kensington & Chelsea, and Westminster. Next deadlines: 17 October 2014; 16 January and 10 April 2015

  If you would like to receive the live link to the SRE Delivery Grid sign-up to Trello or contribute with the newsletter, please contact [laura@livingwellcic.com](mailto:laura@livingwellcic.com)

## 5 PRESENTATION: txtm8 – What’s happening in the Tri Borough?

Emily Mailes – Living Well CIC

*Presentation available* [here](#)

**txtm8** is an interactive sex and relationship text advice service for young people aged 13-25. Young people text a question to 89868 and receive a confidential response within 30 minutes. All texts are free. Questions answered by advisors trained to provide supportive help and advice while signposting young people to appropriate services.

Service insights 2013-2014:

- 18,857 texts received; 97% of texts responded within 30 minutes
- Highest users per age group were 16-18 (38%) and 13-15 (34%); 3% were under 13
- Most popular topics: sex (18%), bodies (14%), relationships (13%), pregnancy (9%), STIs (5%) and condoms (4%)
- 2,231 signposts to local services; 1,227 signposts to national services

For more information please contact [Emily@livingwellcic.com](mailto:Emily@livingwellcic.com).

## 6 AOB

- **Spotting the Signs: Child Sexual Exploitation** screening; agreed to hold workshop on a Friday afternoon in October - date tbc by Charlotte/Emily
- Information on Free Patient and Public Participation (PPE) workshops across London available on the [noticeboard](#)

**DATE OF NEXT MEETING**

4 March 2015, 10am to 12pm. Venue to be confirmed
# ATTENDANCE LIST

**Young People’s Sexual Health Sub Group**  
**Wednesday 17th September 2014 – 11.00 ti 1.00pm**  
**London Lighthouse, 111-117 Lancaster Road, London W11 1QT**

## 1. ATTENDANCE LIST

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>1 Eddy Aroda</td>
<td>Youth Project Int.</td>
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<tr>
<td>2 Andrew Burnett</td>
<td>Tri-borough Public Health</td>
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<tr>
<td>3 Charlotte Cohen</td>
<td>WLCSH, C&amp;W</td>
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<tr>
<td>4 Stephanie Crane</td>
<td>Chelsea and Westminster Hospital NHS Trust</td>
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<td>5 Lorraine Esson</td>
<td>Brook London</td>
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<td>6 Justin Gaffney</td>
<td>MSH Health &amp; Wellbeing CIC</td>
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<tr>
<td>7 Sabrina Hippolyte</td>
<td>London Borough of Hammersmith &amp; Fulham</td>
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<td>8 Sea Ming Pak</td>
<td>Youth Projects Int.</td>
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<td>9 Laura Pham</td>
<td>Living Well</td>
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<td>10 Emily Mailes</td>
<td>Living Well</td>
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<tr>
<td>11 Cheryl Marpo</td>
<td>St Mary’s Sexual Health Clinic</td>
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<tr>
<td>12 Sylvia Nissim</td>
<td>Kensington &amp; Chelsea Social Council</td>
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<td>13 Annie Poland</td>
<td>ADVANCE</td>
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<td>14 Barbara Shelton</td>
<td>Kensington &amp; Chelsea Social Council</td>
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<td>15 Rose Stephen</td>
<td>LBHF</td>
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<td>16 Rebecca Vagi</td>
<td>Standing Together Against Domestic Violence</td>
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<td>17 Dawn Wilkinson</td>
<td>Jefferiss Wing Centre for Sexual Health</td>
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<td>18 Prochi Winter</td>
<td>Terrence Higgins Trust</td>
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## 2. APOLOGIES FOR ABSENCE

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