

# Innovation in sexual health

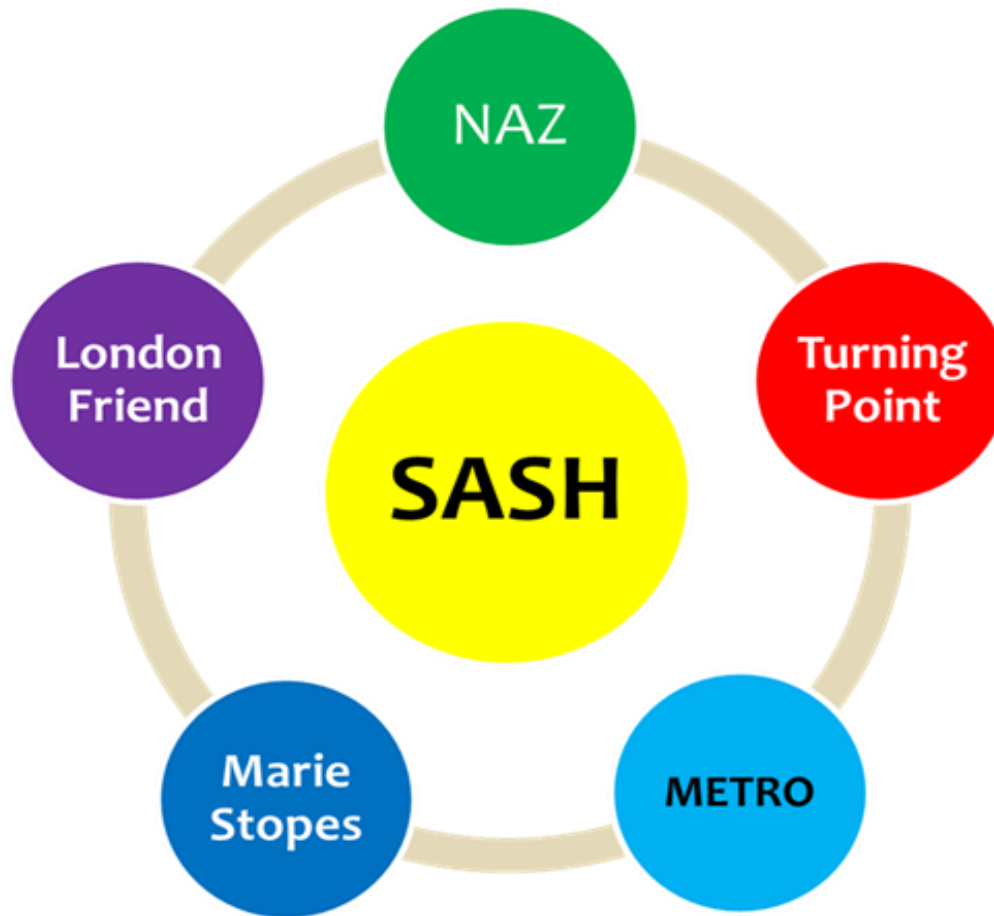
A new model to improving sexual health outcomes across the three boroughs of City of Westminster, the Royal Borough of Kensington and Chelsea and Hammersmith & Fulham

**Working Together**



# Who are we?

**SUPPORT & ADVICE ON SEXUAL HEALTH**



**sash**



# SASH aims and objectives

*SASH inspires positive sexual health and wellbeing within diverse local communities by delivering culturally specific, holistic information, support and advice.*

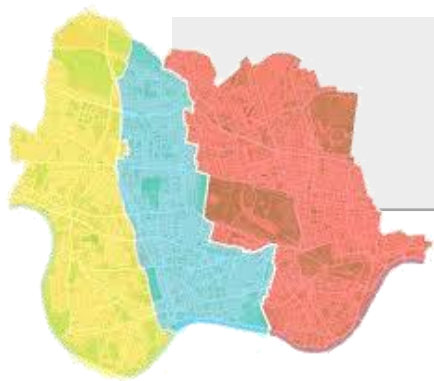
- Identify and improve on the support for people to make positive choices about their sexual health
- Work in partnership to prioritise prevention and support equitable access across Westminster, Kensington and Chelsea and Hammersmith & Fulham
- Reduce inequalities to improve sexual and other health outcomes
- Provide health and wellbeing initiatives utilising a care co-ordinated approach
- Promote service user involvement to help shape and develop the service

sash



# Where we work

| Borough                | Address  |
|------------------------|--|
| Westminster            | 31 Wardour Street<br>W1D 6PT                             |
|                        | 209a Harrow Rd<br>W2 5EH                                 |
| Kensington and Chelsea | St Charles Centre for Health<br>and Wellbeing<br>W10 6DZ |
| Hammersmith and Fulham | 30 Black's Rd, Hammersmith,<br>W6 9DT                    |
|                        | White City Community Centre<br>India Way<br>W12, 7QT     |



\*We also work out in community settings\*

sash



# Overview of our services

- Counselling
  - Coaching
- Youth engagement
  - Family support
  - Peer support
- Support for sex workers
  - HIV specific services
- Workshop for community groups



# 1-1 support

## Care Co-ordination

- SASH assessment to ensure appropriate care
  - External referrals to other services



### Coaching

Structured goal focussed support

Person centred care planning

Online support available

Daytime + Evening sessions

### Counselling

Therapeutic exploration around sexual and reproductive health and wellness.

Solution focussed

Behaviour changes

Time limited

Daytime + Evening sessions



# Engagement Team

## Youth 15+

Consent

Sexually Transmitted Infections

Contraception

\*Gender and Sexual Diversity\*

## BAME + Faith

Breast Health

Cervical Screening

The Menopause

Contraception

Sexual Health

## Other services

Sex worker outreach and support

1-2-1 Support in clinics

Events and Stalls

Key-working

Bespoke and Tailored workshops

## Other services

Free condoms

Women's Reproductive Health

HIV testing

Chaperone to clinic

Sexual Health Quiz!

sash





sash





# Peer Support

HIV+ MSM



BAME Women

- Peer led socials
- 1-2-1 Support and chaperoning for mentees and other service users
- Tailored skill-sharing using existing peer mentor knowledge
- Outreach work supporting members of SASH

sash



# Women's Crafternoon



sash

# Family Support

Providing support for families, including those affected by HIV:

Advice & advocacy ▪ ETE support ▪ parenting skills and cultural support ▪ multi-agency support ▪ info & advice around medication ▪ accompanying to meetings ▪ support around HIV disclosures ▪ childcare support ▪ benefit advice ▪ parenting appreciation days ▪ & lots more.

# Learning Disabilities

People with LD can have many questions about their changing bodies, SASH offer tailored support on sexual health.

## Understanding your body

Anatomy, pleasure, arousal, masturbation, puberty, menstruation, wet dreams, testicles etc

## Public and private behaviours

Appropriate touching, harm reduction, public/private places and consent

## Relationships

Healthy/unhealthy relationships, privacy, pictures, videos, law, safety and harm reduction.

## Social Media

Bullying, consent, privacy, pictures, Videos, law, safety and harm reduction



# Other services

- Complimentary therapies
- Online support through 'My TP' modules
- Advice and Advocacy
- Signposting and onward referrals
- Chaperoning to clinics
- Training for professionals – *to be launched May 2019*
- Creative responses to sexual health



# Some of our outcomes 2018/19

- We reached 1153 people through our outreach programmes, 659 of whom were young people
- 81% of our service users report feeling better when they leave the service than they did when they arrived, and 95% of those people were still feeling better three months after leaving the service
- 76 people accessed our peer mentoring services
- 96% of service users successfully exited the service, without having dropped out or disengaged



# Referral pathways

## Self Referral:

- By **calling** on 0207 851 2955
- By **emailing** [info@SASHlondon.org](mailto:info@SASHlondon.org)
- **Online:** [www.wellbeing.turning-point.co.uk/sexualhealth/referrals](http://www.wellbeing.turning-point.co.uk/sexualhealth/referrals)

## Referrals from Professionals:

- By completing our referral form and **emailing** it to [info@SASHlondon.org](mailto:info@SASHlondon.org)
- **Online:** [www.wellbeing.turning-point.co.uk/sexualhealth/referral](http://www.wellbeing.turning-point.co.uk/sexualhealth/referral)
- By **calling** on 0207 851 2955



# Any questions?

## **Ella Frost**

Peer Mentor Coordinator (Black Asian Minority Ethnic Women).

[ella.frost@sashlondon.org](mailto:ella.frost@sashlondon.org)

07971387487

## **Marilla Tolfree**

Community Engagement Team Manager

[Marilla.tolfree@sashlondon.org](mailto:Marilla.tolfree@sashlondon.org)

07483133731

**SASH Main Office: 020 7851 2955**

sash



# KCSC Sexual Health Conference 2019

Some of our highlights:

- *Gaps in service for LD people*
- *Living well with HIV later in life*
- *U=U Campaign*
- *SHL – online testing*

