

Sexual Health Report



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Introduction

About Healthwatch Barnsley

There is a local Healthwatch in every area of England. We are the independent champion for people using local health and social care services. We listen to what people like about services and what could be improved and share their views with those with the power to make change happen. We also share them with Healthwatch England, the national body, to help improve the quality of services across the country. People can also speak to us to find information about health and social care services locally.

Our sole purpose is to help make care better for people.

In summary - local Healthwatch is here to:

- help people find out about local health and social care services
- listen to what people think of services
- help improve the quality of services by letting those running services and the government know what people want from care

Healthwatch Barnsley is commissioned by Barnsley Metropolitan Borough Council and hosted and managed by Voluntary Action Barnsley (VAB). Healthwatch Barnsley (HWB) is a community led, community driven organisation with a Strategic Advisory Board, who are responsible for determining the direction of the organisation.

We are assisted by volunteers (Healthwatch Champions) whose role is to gather information and prioritise areas of work, ensuring engagement with all sections of the local population.

In some areas, Healthwatch organisations provide advocacy for people making a complaint about NHS services. In Barnsley, this service is provided by DIAL and their details are at the end of this report. DIAL in Barnsley is not limited to dealing just with health service complaints they can also address problems with social care services. Through our collaboration with DIAL, we have been able to successfully remedy a number of complaints from our clients regarding their experiences of local services.

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Executive Summary

Why did Healthwatch Barnsley choose to undertake this work?

During 2015 our Children and Young People's Officer carried out a survey on sexual health and wrote a report outlining the findings on C-Card access and sexual health services for young people in Barnsley. The conclusion from this report¹ stated that from the data 84% of the young people surveyed did not have a C-Card, even though they were old enough to have access to it. Of the young people who didn't have a C-Card 133 did not know what one was.

“A C-Card scheme is one type of condom distribution scheme, which provides registered young people with a C-Card - a paper or credit card-style card - which entitles them to free condoms. Typically, a young person applying for a C-Card will go through the following process: 1. Registration: when a young person registers for a C-Card they will be assessed to ensure they are safe, competent to consent (Fraser Guidelines) and know how to use a condom. 2. Issue: once the C-Card is issued, the young person is entitled to an agreed number of supplies free from any participating distribution point. Supplies and quantities vary but may include condoms, lubricant, femidoms and dams, depending on the age and needs of the young person. Packs generally contain six to ten condoms, a supply of lubricant, written instructions, and details of local sexual and reproductive health services. 3. Review: after receiving supplies an agreed number of times, the young person must return to the registration outlet where their circumstances, sexual health and medical needs will be reviewed.”²

Following on from these findings a similar piece of work was undertaken to see if there had been any improvements in the young people's knowledge of C-Cards and the sexual health services in Barnsley.

Barnsley's *Our Public Health Strategy 2016-2018*³ highlighted the challenges around under 18s conceptions as they still remained a concern in some electoral wards when compared to national, regional rates. It was acknowledged in the strategy that work was needed to:

- Ensure sexual health services, including contraceptive services, are accessible, personalised and effective
- Ensure under 18s conceptions continue to reduce
- Commission sexual health and contraception services for Barnsley residents.

Appendix 1 shows a comparison from 2015 and 2017

¹ <https://healthwatchbarnsley.co.uk/news/>

² <https://www.brook.org.uk/about-brook/c-card-guidance>

³ *Our Public Health Strategy 2016-2018* <https://www.barnsley.gov.uk/media/1950/public-health-strategy-2016-18.pdf>

Key findings from the 2017 Survey

- 98% of the young people surveyed did not have a C-Card.
- Only 6% of young people surveyed have accessed a sexual health clinic in the past 12 months.
- 19% know where sexual health services are located
- 253 young people surveyed have accessed a Relationship and Sex Education (RSE) session within school, of these 234 young people rated the session between very good and ok.
- 210 young people did not know if the school had a sexual health drop in, this could be because the school does not provide one or it is not promoted it effectively.

Gathering information

This report outlines the views of children and young people who took part in the sexual health survey carried out by HWB.

We engaged with 280 young people from Barnsley, aged between 13 years to 17 years. The main purpose of the survey was to gain feedback from young people on the sexual health services offered to them in Barnsley, the key focus was:

1. How many young people have a C-Card / know what a C-Card is?
2. How much knowledge do young people have on the services available to them?
3. What young people like, dislike and/or would change about the service.
4. Gain feedback on the Relationship and Sex Education lesson they had received in school.

The feedback was then analysed by our Children and Young People's Engagement Officer who then looked at trends, key findings and made recommendations for change.

Validation of intelligence received

During the analysis process there were a number of responses which had to be withdrawn from the final data analysis because;

- Ten forms were started but not completed by the young people; these have not been added in the total number.

The feedback that was received had not been broken down into individual areas or schools due to the varied feedback received in different areas.

What People Told Us

1. How many young people have a C-Card / know what a C-Card is?

Most young people surveyed did not have a C-Card; the reasons for this are unknown. Age is not a factor as all the young people who gave us feedback were over the age of 13 which entitles them to a card.

- 98% did not have a C - Card
- 90% did not know what a C - Card was

2. How much knowledge do young people have on the services available to them?

- 19% stated they knew where the sexual health services were located.
- 82% of the young people surveyed did not feel that the sexual health services in Barnsley were accessible. This could be down to a number of reasons, including how the services are promoted, for example on the spectrum website it states that the C-Card service is available for 16+ when in fact the service is available to young people from the age of 13+
- Only 21 (7%) young people stated they knew if their school had a sexual health drop in. This could be because the school does not have either a sexual health or general health drop in.
- 95% of young people have not accessed a sexual health drop in within school. Factors for this are unknown. It may be for positive reasons around young people not needing to access sexual health advice as they may remain sexually inactive. However, risks may be higher due to such low numbers of the young people surveyed actually accessing advice that is available to them.

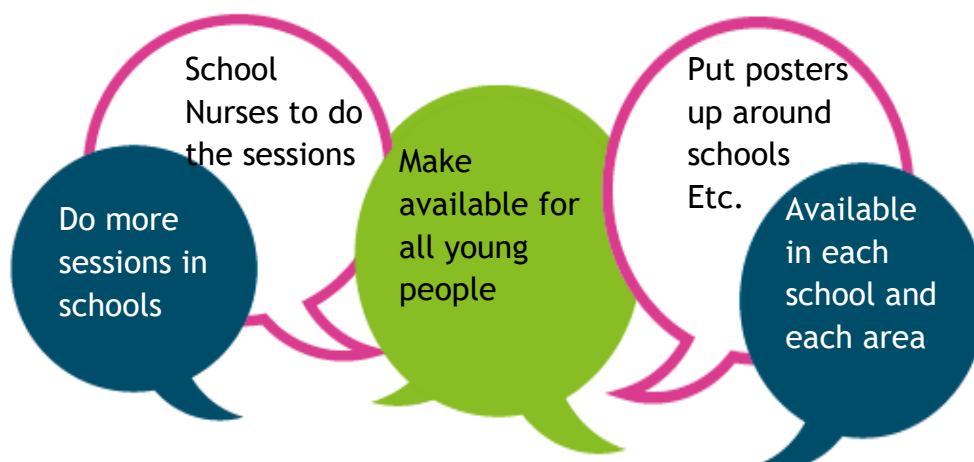
3. What young people like, dislike and/or would change about the service.

When the young people were asked “What do you like about the sexual health services?” Full list on (appendix 1)

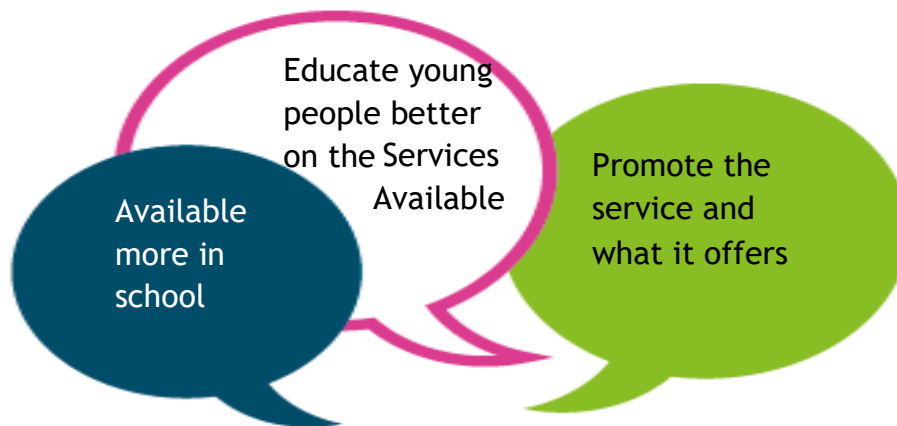
The reoccurring comments from young people were;



The young people were asked “How do you think these services could be more accessible?” (Full list on appendix 2)



When the Young people were asked “If you could change anything what would your suggestions be?” (Full list on appendix 3)



4. Gain feedback on the Relationship and Sex Education lesson they had received in school.

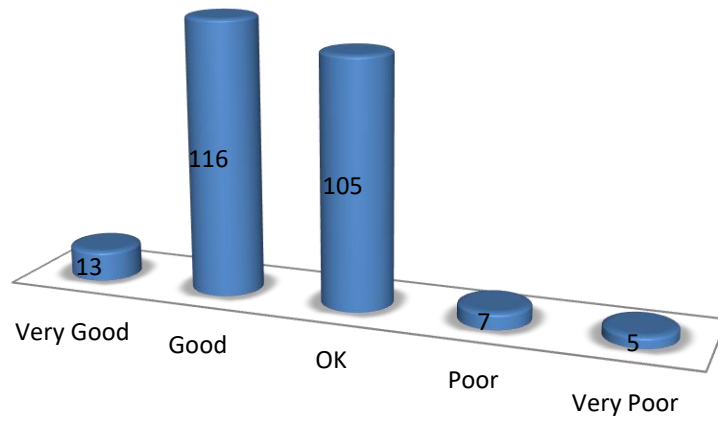
- 90% of the young people surveyed had received a sex education session in their school.

Spectrum Barnsley works in a range of secondary schools running sessions on Relationship and Sex Education (RSE). Spectrum’s innovative approach of building content year on year, in an incremental and age-appropriate way is possible due to local schools fully supporting the program and encouraging maximum access to the students throughout their time at secondary school.⁴

These sessions proved popular with the young people as 234 of the young people rated the session between very good and ok. When our children and young people’s worker spoke to the young people about what they had learnt in these sessions, the young people’s response was that the sessions were helpful, and that they gained lots of advice and knowledge around relationships and sex education; which may indicate that all age appropriate young people may benefit by having access to these sessions.

⁴ <http://spectrumhealth.org.uk/services/sexual-health/rse/>

How would you rate your RSE session?



Recommendations

Based on the sample of children and young people surveyed, the following recommendations are based on findings in all areas:

Recommendation 1

Spectrum Barnsley to update their website⁵ and change publicity materials to display the correct age bracket. This may be a reason why a large number of young people surveyed within schools may not have accessed or known about the service.

Response from Spectrum

The communications team will make it clearer about the ages for the C card.

The website has a link for online registration and ordering - this is only available for 16-25 year olds.

Although there is not school nurse provision at Dearne ALC there is a youth worker and a HCA from Spectrum clinic providing C card every Friday lunch.

Recommendation 2

Most young people surveyed did not have a C-Card nor had they accessed any Sexual Health Service. It is recommended that the School Nursing team produce a plan to offer sexual health advice in all secondary schools and not just selected schools. It is understood that C-Cards may not be accessible because of school rules. However, sexual health advice and signposting to Spectrum may increase the young people's knowledge of the sexual health services available to them.

Appendix 5 shows what school nurses currently offer in each secondary school.

Response from Public Health

Report recommendations are reflected in proposed actions to narrow the gap between Barnsley's teenage pregnancy rate and the rest of South Yorkshire and the Humber.

A review of sexual health services in Barnsley has been undertaken, which includes a sexual health needs assessment which will inform future commissioning service design and delivery - not just for sexual health services but potentially also for the Public Health Nursing Service (which includes school nursing) and the targeted Youth Support Service - to ensure that the right services are being provided in the right places, relevant to need.

⁵ <http://spectrumhealth.org.uk/services/sexual-health/c-card-registration/>

Special Thanks

Healthwatch would like to say a big thank you to the 280 young people who took part in our sessions and completed our survey.

If you have read this report and have any further questions or experiences you would like to share, they will be gratefully received and shared via our intelligence networks. Your continued feedback will help us to keep up to date with progress within the service.

Contact us

If you would like to contact us about anything in this report, or about any health or social care issue in Barnsley, you can do so in the following ways:

Address: The Core, County Way, Barnsley, S70 2JW

Telephone: 01226 320106

Text/SMS: 07870 599445

Email: healthwatch@vabarnsley.org.uk

Website: www.healthwatchbarnsley.co.uk

Facebook: Healthwatch Barnsley

Twitter: @HWatchBarnsley

Appendix 1 Comparison of results in 2015 and 2017

| | 2015 | 2017 | Comparison |
|--|-------------------|------------------|---|
| Number of young people surveyed | 331 | 280 | More young people were surveyed in 2015 than in 2017, which will clearly have an impact on final figures. In 2015 there was an inconsistency in numbers of responses for each question due to this research being a part of a larger project with no real support to each young person when completing the questionnaire, the surveys were handed to the young people for them to complete in their own time, resulting in the young people missing some questions out completely. In 2017 the young people completed the questionnaires with researchers present. |
| Do you have a c card? | Yes 54 No 277 | Yes 6 No 274 | The number of young people who have a c card is low both in 2015 and 2017 |
| Do you know what a c card is? | Yes 143 No 133 | Yes 29 No 251 | The number of young people that had knowledge on what a c card from 2015 to 2017 has significantly lowered by 42% |
| Do you know where your sexual health services are? | Yes 174 No 153 | Yes 54 No 226 | Again the number of young people who knew where the health services are have dropped from 2015 to 2017 |
| In the past year have you accessed any sexual health services? | Yes 28 No 250 | Yes 16 No 264 | The results stay consistent with a small number of young people accessing the health services within 12 months of being surveyed. |

Appendix 2

When the young people were asked “What do you like about the sexual health services?”

They replied:

- They give out good advice
- Are there if we need contraception
- Haven't heard of the services so I don't know
- They give you condoms if needed
- Give advice when needed
- They help young people
- Tell us where the
- Nothing as I haven't heard about what it is
- I do not know I have not heard of these services
- I do not know I have never been to a service
- They help out young people
- You can get good advice if you need it
- They give you condoms
- Tell you about safe sex
- They help all young people
- Haven't heard of the services, or where they are so I do not know
- Give out good advice and condoms
- I think it is a great service

Appendix 3

The young people were asked “How do you think these services could be more accessible?”

They replied:

- Available every day, as sex and other things are been done everyday
- Flyers and posters to be put up around school
- More local Youth settings
- Make it more accessible by promoting it better
- Put on a free bus to go to town sexual health clinic
- Teachers to give us information on sessions if any
- We don't have any sexual health service so setting one up would be a start
- After school time will be better
- We need a regular worker on a regular basis
- What about a school nurse?
- Make people aware
- Make it available for under 16
- Near school
- Advertise in school
- School nurse sessions
- Closer to where each young person lives
- There should be information sessions in each school
- Needs to be someone in school once a week
- Doctors should do young people drop in sessions
- People do not no location, needs better advertising
- Advertise on the internet
- Do we have school nurses?
- There could be one in doctors
- Too far away
- Why just over 16s we need this service too
- School nurse can have a regular session
- Too far away cannot travel
- Make it available for us under 16
- After school
- Near reception in school
- Start of the day
- More information to be put on the internet, what about a Facebook page for each area and have someone to reply to messages once a week, and someone to post updates daily
- Internet, toilets, student services
- End of the day
- More drop in times available, more places available and possible posters to tell us information about it
- After school

- Before school
- In school
- Available for our age
- More advertising
- More options
- Better advertisement
- In town or in a room around school
- In schools or after schools
- Open at all times
- More flyers/posters about the sessions
- Public service buildings
- Be more available in more areas
- Be more widespread
- Appointments could be offered
- In school at 2.30
- School
- In school lunch time
- At school and after school hours
- Advertising it better
- Information on the locations and where it is
- There should be these in each school
- Available everyday
- School
- Also lesbian condoms should be available at all times for free
- Town and more in local areas
- Lunch times more young people will attend
- They should send out leaflets
- In every other village
- Anytime
- Later times
- Before and after school and in each area
- In all local areas
- More information on the internet, a local page for local kids
- Internet
- Toilets
- Information in form rooms
- In school
- More local, make more people aware
- Schools
- Information boards in schools
- Information boards in doctors
- Information on busses
- Where ever young people go
- Before and after school
- In every town and city
- In school, not around school times
- At school

- Appointments at school
- After dinner in school
- After school x10
- After and in school
- Set days and times within school
- I think they should be near local places (each area)
- Tell us where the nearest ones are so people can go there
- Doctors
- Around local areas
- Tell us where and what they are
- More drop in times, more places available
- In school
- Possible posters to tell us information about it
- Advertise better
- Within school
- After school time
- More school sessions on sexual health
- Information sessions in school
- School teacher
- School nurse
- Our age needs the service too
- Our school nurse does it and we don't know when she is there
- Advertise it more for us young people
- Within school
- At school time
- At our doctors
- Teacher
- 16 and under need this service
- Why not in school
- Advertise better we don't know what is about
- Newsletter
- More local and make people more aware

Appendix 4

When the Young people were asked “If you could change anything what would your suggestions be?”

They replied:

- Make them available to everyone
- Inform what they do and how
- By letting us know what it is
- Do a sexual health bulletin
- More sessions in school
- Don't just offer it to 16 plus
- Give people more information about the services and spread info around the school
- Tell people how to spread the word
- More information about it, explain in more detail
- Posters will help as people like me won't know about it
- Make young people more aware
- Make it more known
- Available in school
- Make it available for 16 and under
- Why not have a information number for us to call or text
- Make it more comfortable
- That there is more help and stuff
- Try and calm them down
- Why not make us a session in school
- Want it close to where we live
- To be more known
- More clinics
- Make sure we are being reassured that we are not been judged
- To educate people better on gay/LGBT relationships
- Actually telling young people about it
- Any age other than 16 for confidentiality
- Make it more discreet
- More posters
- Sessions in doctors
- Make us more aware of what it is
- More people talking to young people about it
- Not such a scary building
- Make young people more aware of it

- Any age
- Don't make for under 16 for confidentiality
- More info if needed

Appendix 5

Table of school's / wards young people surveyed attend and responses from School Nurses

| School and Ward Area | Do you offer drop in sessions in school? | If yes what days and times? | Do you offer a c-card service? | Do you offer information / advice on c-card? | Do you offer a sexual health advice? | What other information do you offer within your drop in sessions? |
|-------------------------|--|---|--------------------------------|--|--------------------------------------|--|
| Kirk Balk South Area | Yes | Tuesdays-We hold a generic Lunch time school nurse drop, (starts at 13.00); this is held weekly on a Tuesday. It is open to all pupil's/year groups; -We also hold a weekly C-card drop-in for ages 13 years+ also on a Tuesday after school from 2.45-pm to 4pm; jointly run with the Youth worker; attendance for this varies; An example of recent C-card attendance take-up: we had 4 new registrants and 9 regulars | Yes | Yes | YES | Support/sign posting, specialist referrals if indicated for any health/emotional health wellbeing related issues; in accordance with guidance/SG policy; As well as the generic lunch time SN drop in and C-card drop-in, the pastoral year leads complete referrals for pupils to school nursing as required through BMBC referral system/form; Both drop -ins currently take place in the BMBC Komplex building which is |

| | | | | | | |
|-----------------------------|----|--|--|--|--|--|
| | | | | | | easily accessed by pupils and attached to the school; |
| Barnsley Academy Central | NO | | | | | <p>We have not been able to deliver c-card or drop-in for approx. 18months at Barnsley Academy and Horizon Following stronger family's social care team taking over Horizon wellbeing spaces and Disabled children's social care moving into wellbeing space at Barnsley Academy, delivery of sessions became difficult and staffing numbers reduced.</p> <p>However during this time we were told by SWYFT management to cease with immediate effect all drop ins and c-card provision.</p> |
| Horizon Central | No | | | | | |

| | | | | | | |
|--|-------------------------|---|-----|-----|-----|--|
| Penistone grammar Penistone | Yes | Tuesday 12pm - 1.45pm | Yes | Yes | YES | Health Advice/Promotion /Sign Posting to other agencies e.g. Spectrum, TADS, GP, Eat Well |
| Outwood Academy Shafton North East | No | | | | | |
| Holy Trinity North east | Yes | We try and do a Drop in on a Thursday lunchtime, however due to staffing issues we cannot always attend | No | Yes | Yes | Due to school not allowing C-Card we do not deliver C-Card, most students come to Drop in to discuss immunisations |
| Netherwood academy South Area | Yes | Tuesdays immediately after school finishes 2.30pm - 3.30pm | Yes | Yes | Yes | Nothing currently but there is scope for development as previously the drop in was a full health advice drop in |
| Darton College | No Information Provided | | | | | |

| | | | | | | |
|--|-----|-------------------------|----|-----|-----|--|
| North Area | | | | | | |
| Outwood Academy Carlton North East | Yes | Wednesday 12pm - 1.30pm | No | Yes | Yes | c-card and sexual health is on a one to one basis with a young person when required, All advice available to young people, if I can't answer I signpost to the relevant services |
| Dearne ALC Dearne | No | | | | | |