



sexual health?
CENTRE  .com

**STRATEGIC PLAN
2019-2023**



**The Sexual Health Centre Limited
16 Peters Street, Cork City**

Tel: 021-4275837

www.sexualhealthcentre.com

sexual health?
CENTRE  com

STRATEGIC PLAN 2019-2023

“

Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.”

– (WHO, 2017)

Chairperson Opening Note

The Sexual Health Centre strategic plan is an ambitious vision for the work and service of staff, volunteers and partners of the organisation for the next five years.

The strategic plan is the culmination of a number of research projects, including a review of the most pertinent literature in the area of sexual health, well-being and relationships, one-on-one interviews with 18 stakeholders, including staff, interviews with 24 service users in addition to an analysis of the past five years of service delivery within the Sexual Health Centre.

There is a growing awareness for the need for good quality and informative sexual health services for people in Ireland. This strategic plan provides the framework to deliver the sexual health service requirements of a growing Cork population, including providing high quality, professional and inclusive services on relationships, wellbeing, HIV and sexual health as well as removing barriers to support services while making screening and reproductive health support opportunities more accessible.

The Sexual Health Centre has been through a number of transformations, navigating and responding to the constantly evolving area of sexual health. Over the next five years, the Sexual Health Centre will continue to provide high quality, professional services to an evolving community.



Mr. Ciarán Lynch
Chairperson



Mission

The Sexual Health Centre's mission is to always provide the most up-to-date and comprehensive information regarding the topics of sexual health, wellbeing and sexuality, to offer a safe space for individuals to express their concerns without fear, to get non-biased answers to their most intimate questions, to normalise the perception of sexual health and sexuality and to facilitate a nation-wide acceptance of positive sexual health and sexuality as an integral part of life.



Vision

The Sexual Health Centre's vision is for a future where sexual health is recognised as an integral part of life, barriers to accessing sexual health services are removed, social stigma and discrimination are eliminated, each individual feels safe to express their sexuality, and people can make informed decisions regarding their sexual wellbeing whilst treating each other's life choices with the utmost respect.



Core Values

Dignity

Each individual is treated with dignity and respect.

Confidentiality

All clients of the Sexual Health Centre have the right to confidentiality. Exceptions will be made where there is a risk of harm to the person or others or where there is a child protection concern.

Accessibility

All Sexual Health Centre services are accessible to everyone without exception.

Safe Space

We know that without trust there cannot be a feeling of safety. That is why we go out of our way to provide the space where clients can feel safe and comfortable to share their most intimate thoughts and fears, knowing that they will be met with understanding and respect.

Non - biased

We are all different, so there can be no “norm”. We treat every person individually and provide our clients with the most up-to-date and non-biased information, empowering them to make their own, informed decisions.

Everyday

We believe that sexual health is a part of all of our lives. While we are there for people in the most difficult situations, we also provide day-to-day support and aim to remove the equivalency between sexual health and a problem.



Going all the way

We don't remove support from people when their "issue" is "resolved". Whatever the problem, we are there for them throughout the journey and provide continuous support.

Partnership

We believe that by working together we can overcome any obstacles. Our team is always in sync, united by common goals, and we welcome any support from other organisations, individuals and public bodies as it can bring us one step closer to realising our vision.

Transparency

The Sexual Health Centre is accountable for funds, actions and decisions. Details relating to the disclosed financial information and Centre's governance can be found on the website.

Quality

We commit to continuous improvement and development, providing services that reflect clients' needs, offering the best support and the most up-to-date information available.



Goal 1: To effectively govern the Sexual Health Centre so that we can efficiently and effectively respond to the needs of the community

- The Sexual Health Centre is committed to strong and transparent leadership, governance, policies, procedures, protocols and guidelines, which provide a foundation for the sustainability, accountability and effectiveness of the organisation. In responding to this the Sexual Health Centre will:

- > Continually review the governance and service policies to ensure effective and efficient service delivery,
- > Provide transparency and accountability to its stakeholders through its AGM, annual report, website, social media and other public communications,
- > Ensure the organisation is compliant with relevant laws, including but not limited to the Charities Act 2009 and the Companies Act 2014, as well as the Statement of Recommended Practice (SORP) and the Dóchas Code of Conduct on Images and Messages and
- > Demonstrate and measure the quality and impact of our work.



Goal 2: To deliver high quality, inclusive, client-focused wellbeing, relationship, HIV, sexual health and pregnancy services to every member of the community

- Continue to innovate and develop new partnerships so that our services are progressive, inclusive, culturally sensitive and evidence based,
- Extend our reach to support individuals living in particularly disadvantaged communities, including but not limited to migrants, injecting drug users, homeless individuals,
- Develop and deliver multiple approaches to learning including peer-to-peer learning, formal/structured learning and learning through technologically sourced media outlets, including the internet,
- Ensure our services are accessible, welcoming and professional,
- Facilitate opportunities for personal support sessions, counselling, peer-learning and non-biased support,
- Provide sexual health services online, face-to-face and over the phone as well as via user-friendly publications and communications,
- Deliver outreach programmes to inform and support young people in out-of-school settings,
- Deliver sexual health education programmes to individuals with an intellectual disability,

- Deliver sexual health support programmes to inform and support people with a physical disability,
- Deliver inclusive outreach programmes to vulnerable or marginalised groups, including but not limited to migrants, sex workers, the travelling community, homeless individuals, addiction service users, probation service users and young people living in care,
- Deliver evidence-based intervention programmes to people across Cork city and county,
- Deliver services in an adaptable, accessible manner at all times appropriate to the client,
- Continue to consult with an advisory panel of clients and community members on service delivery and expansion,
- Work with the corporate sector to engage their employees and broader networks, while ensuring their policies and procedures are inclusive and supportive of every individual's sexual health needs and
- Work with professionals to increase their confidence when responding to queries and concerns in relation to sexual health.



Goal 3: To reduce barriers to accessing sexual health services in the community setting

- Respond to emerging sexual health needs and trends by developing outreach programmes that will encourage people to access sexual health services,
- Provide age-appropriate information to young people in primary, secondary and third-level education on how and where to access sexual health services appropriate to their needs,
- Provide young people who are in non-school settings with information on how and where to access sexual health services appropriate to their needs,
- Deliver regular pop-up services in locations around Cork county, which highlight free services and distribute condoms, advice and information, including services information,
- Provide a free condom distribution service throughout Cork city and county,
- Provide a signposting and referral service to individuals seeking specialist sexual health services,
- Scope out the feasibility of delivering sexual health supports via a 'mobile-van' on social nights where people can access condoms, information and personal support sessions as well as make future appointments,
- Develop and implement campaigns, which focus on reducing the stigma, isolation and anxiety associated with HIV, sexual health and relationships,
- Remain adaptable to the evolving needs of people in relation to sexual health, HIV, pregnancy, wellbeing and healthy relationships,
- Advocate for high quality, inclusive, client-focused wellbeing, relationships, HIV, reproductive and sexual health services nationwide,
- Advocate for responsive community-based sexual health services with adequate resourcing and
- Respond to national and international policy in relation to HIV, pregnancy, sexual health, healthy relationships and wellbeing.



Goal 4: To provide accessible, inclusive and equitable screening and sexual health service opportunities for all individuals in society

- To continue to deliver accessible screening and sexual health services,
- To enable an increasing number of people to access Rapid HIV testing in the community setting,
- To expand the delivery of Rapid Hepatitis C testing to vulnerable communities,
- To conduct a feasibility study for the delivery of a Rapid Syphilis testing in the community setting,
- To expand, where possible, the delivery of STI clinics in partnership with statutory bodies,
- To provide further accessible out-of-hours STI screening services,
- To conduct a feasibility study for the delivery of a needle-exchange programme via the centre and
- To conduct a feasibility study for a Cork-based reproductive health clinic.



Goal 5: To support all individuals in society in relation to crisis and unplanned pregnancies, sexual dysfunction, sexual addiction, porn addiction, sexuality, healthy relationships and HIV

- To facilitate a mentoring programme for people newly diagnosed with HIV in collaboration with statutory bodies and other community members,
- To continue to meet the demand for all-option support to people experiencing a crisis or unplanned pregnancy as well as individuals who wish to access post-termination counselling,
- To provide free sanitary items to be distributed to homeless and low-income women in Cork,
- To facilitate a support group focusing on supporting people with sexual addiction,
- To provide sexual health advice to individuals surrounding all aspects of their sexual health, including but not limited to reproductive health, sexuality, healthy relationships and sexual dysfunction,
- To provide counselling in relation to miscarriages and family planning and
- To deliver counselling in relation to healthy relationships, consent and respect.



We would like to acknowledge the work of Cian Power and Fern Higgins-Atkinson in providing the evidence base for the creation of this plan.

**The Sexual Health Centre Limited
16 Peters Street
Cork City
T12 DX73**

Reg no: 130615

Charity no: 19919

Tel: 021-4275837

Helpline: 021-4276676

Email: info@sexualhealthcentre.com

www.sexualhealthcentre.com

Twitter/Instagram - [@SHC_Cork](#)

Facebook - [@BeSexyStayHealthy](#)