

ANNUAL  
REPORT

2022





**I am delighted to introduce the 2022 Annual Report on behalf of the clients, volunteers, staff, stakeholders and Board of Directors of the Sexual Health Centre.**

2022 represented a return to normal service, with quality and innovation remaining at the heart of the organisation. The Sexual Health Centre provided sexual health services online, over the phone, and in person throughout 2022. They also launched an online booking service for rapid HIV testing, and introduced a TikTok account to make sexual health even more accessible and visible in the lives of the Cork community.

Throughout the year, clients utilised the support of the Sexual Health Centre for a variety of reasons including LGBTI+ advice, pregnancy support, HIV support, problematic sexualised behaviour therapy, health promotion workshops, and condom provision. The growth in engagement across all areas of the Centre reflected in this report, is representative of the responsive, and professional sexual health support provided to all clients.

Of note for 2022, is the increase in post termination counselling appointments - including 'partner' attendance. This speaks to both the accessibility of the service and the importance of open ended, inclusive support for all individuals. 2022 was also a year of some new undertakings, as the Sexual Health Centre hosted it's first 2 day professional development conference in May 2022. This training was linked to the SA.L.T (Sex And Love Therapy) programme and gave professionals insight into this unique area of work, garnering high praise. A new form of outreach "Public Sex Environments" (PSE) also commenced, providing brief interventions to individuals at 'hook up locations'. This is an expanding area of work which already shows high levels of engagement in it's first year.

As advocates for positive social change, the Sexual Health Centre made a number of policy submissions throughout the year in relation to relationship and sexuality education and abortion legislation. Condom provision provided by the Centre has also continued to increase in every corner of Ireland while the staff maintained all other services within the Cork/Kerry region.

I would like to say a sincere thank you to the staff team, volunteers and board of the Sexual Health Centre for their skills, continued professionalism and dedication to the important work of the organisation, which is crucial to ensuring every person's right to a positive sexual health experience.

**MR. CIARÁN LYNCH**

*The Sexual Health Centre, Chairperson*

# WHO ARE WE?

## Our Mission

Our 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.

# 1987

THE SEXUAL HEALTH CENTRE  
WAS ESTABLISHED AS  
CORK AIDS  
ALLIANCE

## Our Core Values

**Dignity**  
**Confidentiality**  
**Accessibility**  
**Safe space**  
**Non-biased**  
**Everyday**  
**Quality**  
**Partnership**  
**Transparency**

## Our Vision

Our 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.

# OUR SERVICES

## What we do?

The Sexual Health Centre offers a wide range of services to the public to meet the changing and emerging sexual health needs of the Cork community.



**Rapid  
HIV Testing**



**Support for people  
living with HIV**



**Pregnancy  
support**



**SALT Sex And  
Love Therapy**



**DASH mobile  
health unit**



**Sexual health  
workshops**



**Outreach**



**Support for LGBTI+  
population**



**Professional  
training**



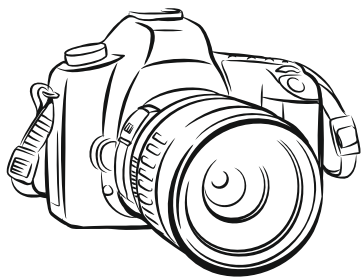
**Free condom  
demos and distribution**



**Disability support  
programme**



**Monday - Friday  
helpline**



# THE WHO'S WHO

# MEET THE TEAM



**Martin Davoren**  
Executive Director



**Catherine Kennedy**  
Centre Manager



**Phil Corcoran**  
Sen. Health  
Promotion Officer



**Muire O Farrell**  
Sen. Health  
Promotion Officer



**Niamh O Connor**  
Receptionist



**Laoise Power**  
Receptionist



**Katriona Purcell**  
DASH Co-Ordinator



**Aaron O'Sullivan**  
LGBTI+ Advisor



**Evelyn Dickinson**  
Counsellor



**Bernie O'Driscoll**  
Youth Health  
Promotion Officer



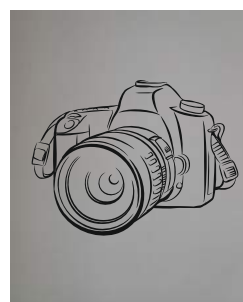
**Mary Wilkins**  
Counsellor



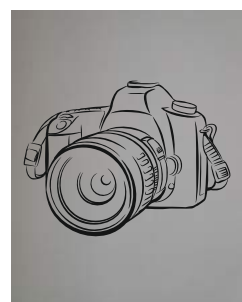
**Aishling McCormack**  
Health Promotion  
Officer



**Donal Clifford**  
S.A.L.T founder &  
Psychotherapist



**Kathleen Greaney**  
Counsellor



**Denis O Mahony**  
Administrator



# 2022

# IN NUMBERS

**47K VIEWS**  
**WEBSITE**

The number of times the Centre's website was visited in 2022



The number of client enquiries received by the Sexual Health Centre for the year 2022



**7,133**  
**Enquiries**



**348 PSE**  
**OUTREACH**

This is a new outreach programme being reported for the first time in 2022, working with Men who have Sex with Men (MSM).

**LGBTI+ ADVISOR**  
**APPOINTMENTS**

**416**

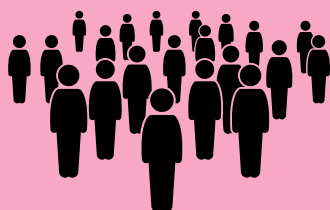


**DASH**  
**MOBILE UNIT**  
**CONTACTS**



**2,721**

**4,673**



**HEALTH**  
**PROMOTION**  
**CONTACTS**

Across all of our Health Promotion programmes- DASH, LGBTI+, WISE online, Youth Health and Disability

**605**



**HIV**  
**COUNSELLING**  
**/ SUPPORT**  
**SESSIONS**

**59,267**

**CONDOMS**  
**DISTRIBUTED**



**40K**  
**SOCIAL MEDIA**  
**REACH**



**PREGNANCY**  
**SERVICES**

**496**



**50**



**SALT CLIENTS PER WEEK**  
**(SEX AND LOVE THERAPY)**

**RAPID HIV**  
**TESTS**

Completed onsite in the Centre and through outreach sessions

**547**





# CLIENT ENQUIRIES

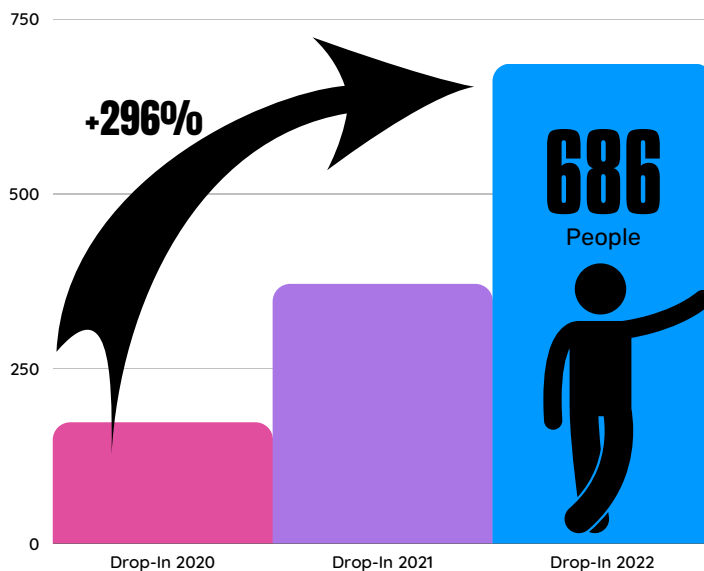
In 2022, we answered a total of **7,133 enquiries** from clients in the form of drop-ins and contact via social media, phone and email, reflecting our ongoing engagement with the community.


# 7,133


Enquiries via phone, email, & drop-in

## Number of Drop-In Enquiries

People who arrived at the Centre without an appointment for support/information



 **2967**  
Email enquiries  
in 2022

**3480**   
Phone enquiries in  
2022



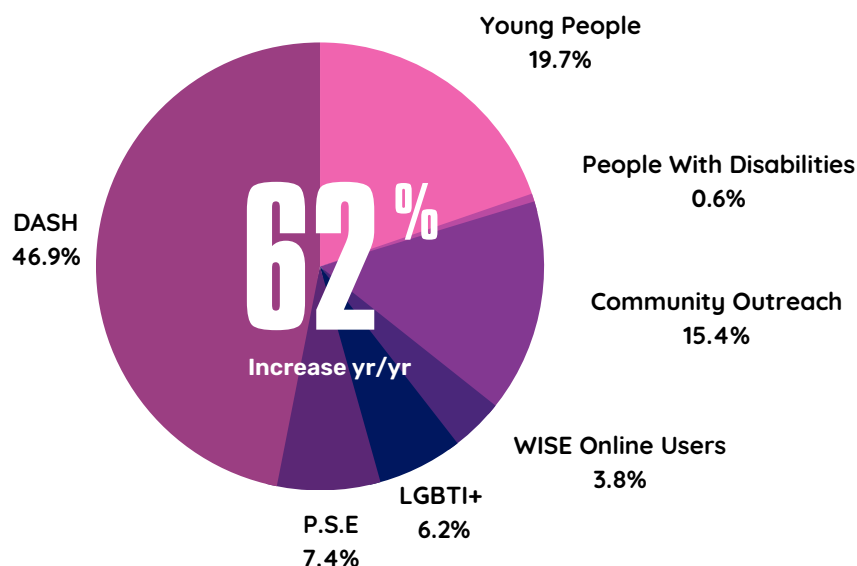
## TYPES OF HEALTH PROMOTION



Our team delivered a variety of tailored workshops during 2022. The majority of workshops were delivered face-to-face where possible. Some online sessions were offered for training and geographical reasons. In total **4,673 contacts** were made last year.

Our wide reaching client groups include; people living in direct provision centres, migrant populations, people engaging in sex work, people linked in with homeless services, the travelling community, youth from training centres and non-mainstream schools, and groups within the disability sector. Workshops in relation to LGBTI+ capacity building were also offered to a number of professionals, multi-national corporations and community groups.

## TOTAL HEALTH PROMOTION CONTACTS



# WORK WITH MARGINALISED GROUPS

The Sexual Health Centre offers an outreach service for marginalised Groups. This outreach initiative provides support and workshops for a variety of individuals including, people struggling with substance misuse and abuse, people experiencing homelessness, migrants and members of the travelling community.



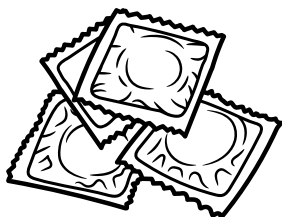
## 718

Contacts in 2022

## Condoms

# 5,588

Condoms distributed through outreach sessions



These workshops are tailored to the needs of each group and provides participants with:

- Information on sexual health and wellbeing eg relationships, contraception, pregnancy, menopause and STIs.
- Free condoms and lube
- Free period products

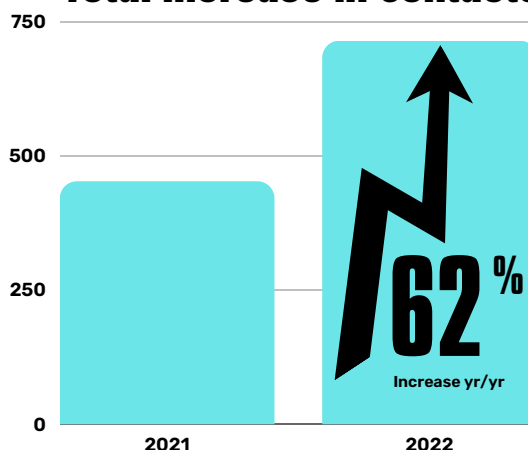
## Sex Worker Contacts

# 123

Brief intervention and signposting sessions with sex workers



## Total increase in Contacts



## WHAT DOES THIS INCLUDE?

The Sexual Health Centre offers a non-judgmental, professional mentoring service through an LGBTI+ Sexual Health Support Worker. This service provides practical support to members of the LGBTI+ community and their loved ones.

In 2022, the support worker delivered

**98 one to one sessions.**

The most common topics raised in client sessions included:

- Internalised homophobia
- Support in coming out
- Pathways to gender affirming care
- Same sex attraction in opposite sex marriage



## GEO-LOCATION APPS

In addition, the LGBTI+ Sexual Health Support Worker provides support through geolocation apps and received

**190 contacts.** The main topics of queries were

- PrEP
- STI testing (including rapid HIV testing)
- Seeking social supports
- PEP
- Vaccinations
- Gender dysphoria & pathways to transitioning



In 2022, the support worker also delivered workshops relating to gender and sexuality, dating apps and online safety, and capacity building in a variety of settings including third level institutions, private companies, and at a public conference.

# WHAT TYPE OF WORK IS THIS?

The Sexual Health Centre offers a range of health promotion resources and workshops for young people. These include Sexual Health Hub stands, a dedicated youth Instagram page- *SHC\_HUB*, an Agony Aunt- *The SHIFT Expert* and tailored sexual health workshops for a variety of groups.

# 922

Contacts in 2022

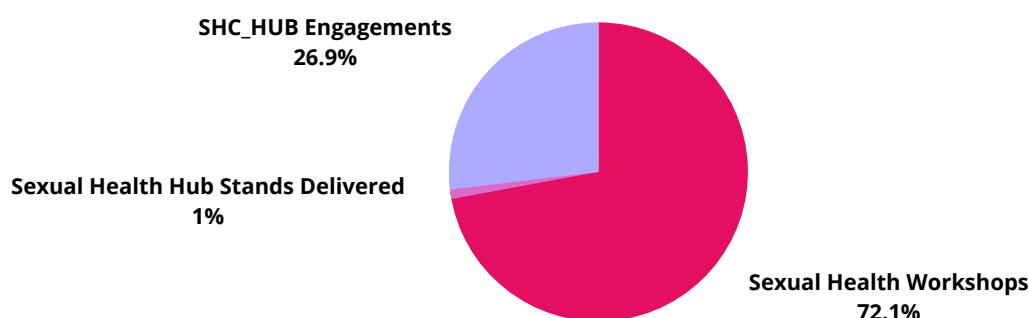


# 18,865

People viewed the SHC\_HUB instagram page in 2022

**40%**  
Increase yr/yr

## OVERVIEW OF YOUTH SERVICES 2022

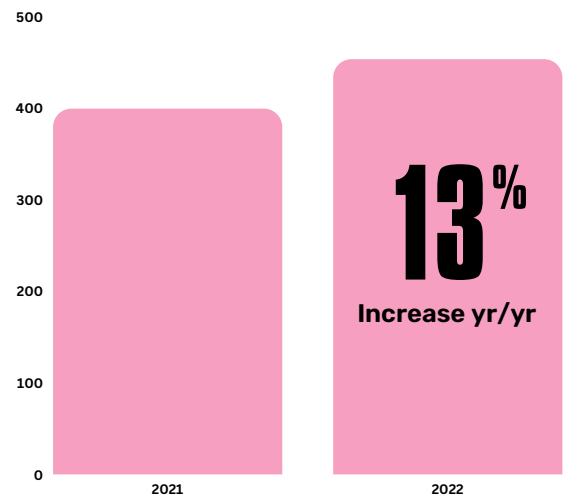
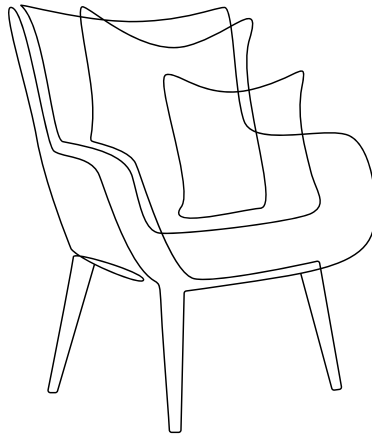


## HIV COUNSELLING

453

Counselling Sessions in 2022

The Sexual Health Centre provides professional counselling, tailored to the experiences and needs of people living with HIV. In 2022, our HIV counselling sessions continued to be offered both in person and online.



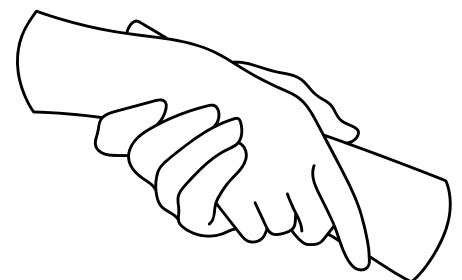
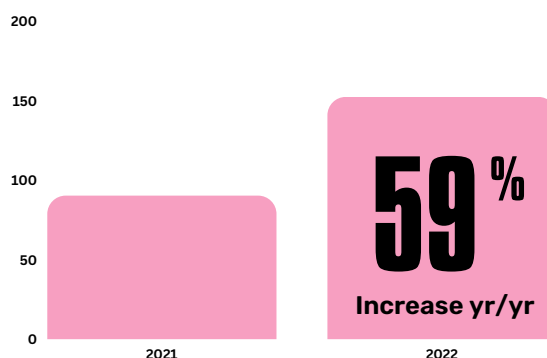
## HIV SUPPORT

The Sexual Health Centre's HIV Support Worker continued to provide important practical support and mentoring to people impacted by HIV. In 2022, **152 HIV contacts** took place. As with all of the Centre's counselling and support services, phone calls and Zoom video calls were used.

152

152 Support Sessions in 2022

HIV Support Figures 2021 & 2022



# RAPID HIV TESTS

The Centre offered free rapid HIV testing in a variety of ways in 2022. We provided **547 rapid HIV tests** to those meeting criteria.

This testing service is supported by volunteers as well as the Centre's health promotion and outreach workers. Due to public health measures the testing service was run solely from the Sexual Health Centre by appointment for the majority of the year.

# 547

## rapid tests in 2022



An online booking system for HIV testing was trialed over Cork Pride week in July, and due to the success was instated as a permanent feature in December 2022. This allows clients to schedule/reschedule appointments at their convenience at any time of the day/night.

## RAPID HIV TESTING

AVAILABLE 25TH- 29TH JULY

PICK A SLOT

BOOK ONLINE NOW

sexualhealth2.com  
Info@sexualhealthcentre.com | 021 427 6676

BOOK A FREE RAPID HIV TEST NOW!

Tuesday July 26	Wednesday July 27	Thursday July 28
9:30am	9:30am	9:30am
10:00am	10:00am	10:00am
10:30am	10:30am	10:30am
11:00am	11:00am	11:00am
12:00pm	12:00pm	12:00pm
12:30pm	12:30pm	12:30pm
3:00pm	3:00pm	3:00pm

The Sexual Health Centre Ltd. | 28 Peters Street | Cork | Ireland  
www.sexualhealthcentre.com | info@sexualhealthcentre.com | 021 427 6676  
Registered Charity No. CHV 19919 | Reg. Company No. 130615

sexualhealth2.com

# RAPID HIV TESTS



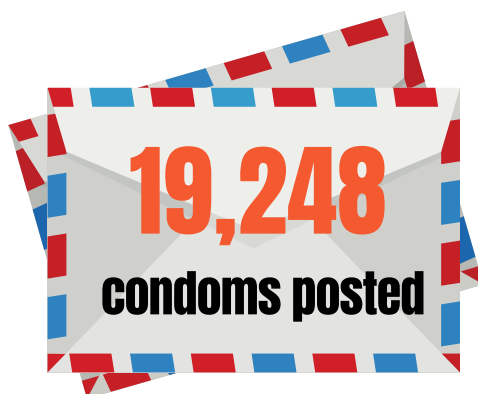
## HOW MANY?

# 59,267



### condoms distributed in 2022

The Centre provided 59,267 condoms in 2022, through a number of modalities including a condom postal service, drop-in service, at outreach sessions and workshops, and through the DASH mobile unit. The Centre also worked with its partners such as HIV Ireland, Gay Health network (GHN), the Movement of Asylum Seekers in Ireland (MASI), the Cork Simon Community, Edel House, and various LGBT+ organisations to ensure condoms were made available through these services.

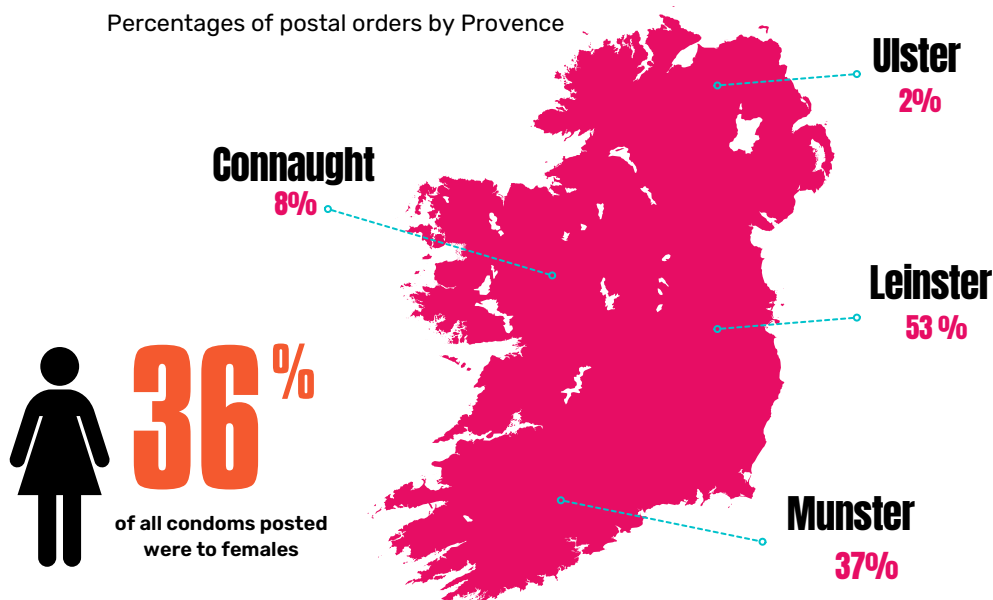


One of our quickest growing services is our postal condom service, easily accessed online via our website. In total **19,248 condoms** were posted to clients nationwide in 2022.

The "bag" service for sex workers was also available by post and drop-in throughout the year with **164 bags** or **8,200 condoms** distributed.

## Condom County Breakdown

Percentages of postal orders by Province



# WHAT IS DASH?

The 'DASH' (Drugs, Alcohol & Sexual Health) unit is the first of its kind in Ireland, providing community-wide mobile services such as rapid HIV testing, condom provision, drug and alcohol assessments and support from trained health promotion professionals making support, information and interventions available to all.

The DASH mobile unit made

# 2,721

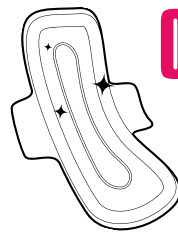


contacts in total in 2022

DASH visited multiple locations across Cork and Kerry in 2022, including homeless services, youth centres, colleges, direction provision centres, community organisations, Traveller groups, LGBTI+ groups and more. It was also involved in the Ukrainian response with the HSE Public Health team. DASH provided information and support to a total of **2,721 people** in 2022.

# 15,564

condoms  
distributed  
through DASH  
mobile unit



# over 1k

period products  
distributed  
through DASH  
mobile unit

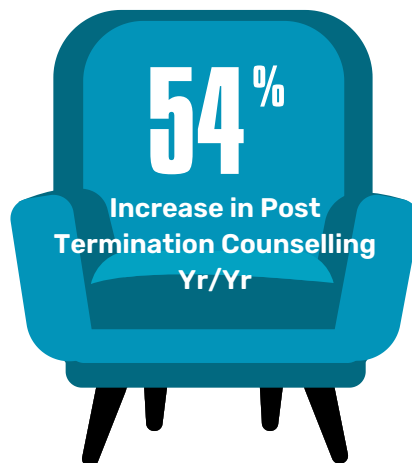


## SESSIONS IN 2022

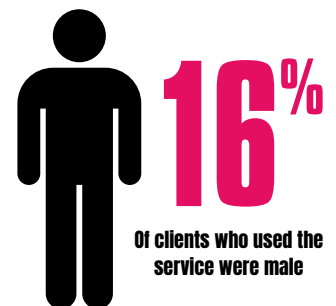
In 2022, the Centre provided a total of **496 sessions**, inclusive of crisis pregnancy counselling, post-termination counselling and pregnancy testing. The Centre continued to offer counselling services both online and in person, due to the success of this hybrid model in previous years.

496 

### Total Sessions in 2022



The Centre saw an increase in demand in 2022 for post termination counselling with **350 sessions** delivered, building on previous years.



### Breakdown of Crisis Pregnancy Service numbers



# WHAT IS SALT?

The S.A.L.T. programme works to support people in regulating their own sexual behaviour and eliminate any internalised shame or isolation. This service is for any person who feels they are engaging in any sexual activity to a degree which creates a negative impact on their life.



# 39

**Initial Assessments  
were conducted  
in 2022**

The Salt Programme runs weekly group psychoeducation and group therapy sessions. In 2022, approx **50 people** per week attended the SALT programme.



# 50

**Clients attended  
weekly**

# 33%

**Of clients who used the  
service were female**



The Centre also hosted a SALT professional development conference in March 2022 titled- 'The Evolving Sexual Landscape in Ireland facilitated by SALT psychotherapist Donal Clifford. **22 professionals** attended.

# PSE OUTREACH

The role of 'public sex environment outreach worker' was established in 2021. The role focuses on responding to the sexual health needs of men who have sex with men (MSM) in a public environment, providing information leaflets and condoms, signposting services and supports, and encouraging people to talk about their sexual health.

This work is carried out in person, at cruising sites, online via geo-location apps and through community engagement.

348

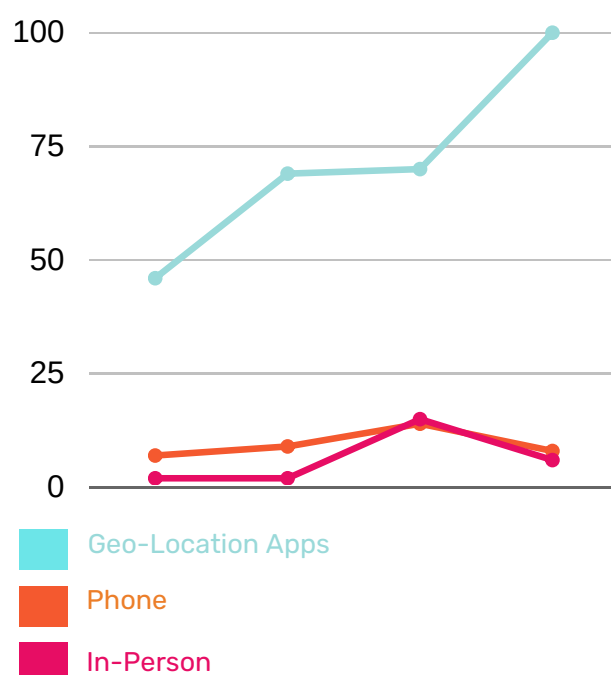
Contacts were made in 2022



## How did people make contact with the service?

People used a mixture of geo-location apps such as Grindr, Growlr and Scruff, phone contact via calls and texts, and in person services delivered at the Centre.

### Total Contacts Quarterly



18%

Sought information on PrEP

57%

Sought information on sexual health services

# GROWTH IN FOLLOWERS

U  
R  
M  
S  
M  
Z  
G  
M  
O  
N  
F  
H  
Z  
E

+13%



**TWITTER**  
1.16K followers

+33%



**INSTAGRAM**  
2.5K followers (SHC\_Cork, SHC\_HUB)

+1%



**FACEBOOK**  
3.2K followers

+6.8%



**WEBSITE**  
47K visitors

+25%



**LINKEDIN**  
500+ followers

+100%



**TIKTOK**  
63 followers







# THE YEAR IN PICTURES



Aishling speaking with Cllr. John Maher at Family Fun Day for Africa Day in Fitzgerald's Park.



Bernie delivering a Sexual Health Hub stand and period product dispenser to CDYS in Mallow



Catherine and Muire attended the Rebel Spirit awards where we were nominated in the category 'Factual Information During Covid-19'



The Sexual Health Centre team at an outdoor staff meeting on Pope's Quay



Shopping for Period Products for part of our outreach programmes



Participants at the SALT (Sex And Love Therapy) conference delivered by Donal Clifford.



Aaron and Katriona giving a talk for World Aids Day with Cork Pride and UCC LGBT staff network



Aaron and Aishling taking part in a Family Fun day at Fitzgerald's park



# IRISH & WORLD AIDS DAY



The Centre ran a social media campaign in June to mark Irish Aids Day. The campaign involved spreading the U=U, Undetectable=Untransmittable message across Cork city and County for the month of June, to tackle HIV Stigma.



In December, over 1,000 ambassadors signed up to take part in the World Aids Day run with the Sexual Health Centre. This years run was supported by local performers with a large online presence, including 'Gaf Goddess' Laura De Barra, The 'Fabulous Pharmacist', and the 'I'm Grand Mam' hosts.

The 2022 World Aids Day run was expanded to 5 locations for the first time, however due to adverse weather conditions only 2 were able to go ahead. Many people still took part in the event virtually and shared images online.



## WORLD AIDS DAY RUN 2022

5KM FUN RUN/WALK - IN PERSON OR VIRTUALLY

26TH NOVEMBER 2022

**REGISTER NOW!**  
SEXUALHEALTHCENTRE.COM/WADRUN2022

#WADrunIreland #WorldAIDSday #EndHIVStigma #UequalsU

sexualhealthcentre parkrun hi sexualwellbeing.ie







# ANNUAL REPORT LAUNCH

In June 2022, the Centre launched its annual report at Cork City Hall. The report was launched by Lord Mayor Cllr. Deirdre Forde with funders, volunteers, stakeholder agencies, members of the board and staff all in attendance.





# CORK PRIDE

We took part in a number of events and offered sexual health advice, support and outreach throughout the Cork Pride Festival in 2022.



Our LGBTI+ Advisor, Aaron O'Sullivan wrote an article for the Cork Pride Magazine about 'Coming Out'



Staff members taking part in the Cork Pride parade in July. (Left to right) Phil, Bernie, Martin, Katriona and Aaron



Bernie, Aaron and Katriona getting ready for the Pride Parade on Patrick's Street



DASH Co-Ordinator Katriona, with Drag Queens-Letycha, Le'Synn, Mia Gold and Liam Bee at 'Pride On Tour'



'Heels on Wheels' Drag Queens visiting the staff at the Centre for an onsite performance as part of Cork Pride



Executive Director, Dr Martin Davoren and LGBTI+ Advisor, Aaron O'Sullivan taking part in Frontrunners Cork 5k Pride Run

# CONFERENCES

## 2022

Team members attended a number of conferences and trainings throughout the year. Our Executive Director, Martin and PSE Outreach Worker, Phil sit on the Fast Track Cities committee for Ireland. Martin and HIV Support Worker, Muire attended the Fast Track Cities Conference in Seville this year. The conference highlighted the successes achieved across the FTC network, addressing the challenges faced by local stakeholders and sharing best practices.



**Our Executive Director Martin delivering 2 poster presentations at the Fast Track Cities conference in Seville in relation to our World Aids Day Run and End HIV Stigma Mural projects.**

Martin delivered two poster presentations in relation to the Sexual Health Centre initiatives aimed at reducing HIV Stigma- our annual World Aids Day Run and an 'End HIV Stigma' mural that was commissioned for Cork City.



Martin also attended the World Health Organisation (WHO) Healthy Cities Annual Business Meeting this year as a representative of the Cork Healthy Cities network. The meeting brings together both political representatives and invited members from WHO flagship cities. The WHO European Healthy Cities Network comprises 88 flagship WHO cities and 18 national healthy cities networks, with more than 1300 cities and municipalities in total. The theme this year was 'Healthy Cities Leading by Example: One Planet, One People, One Health'.

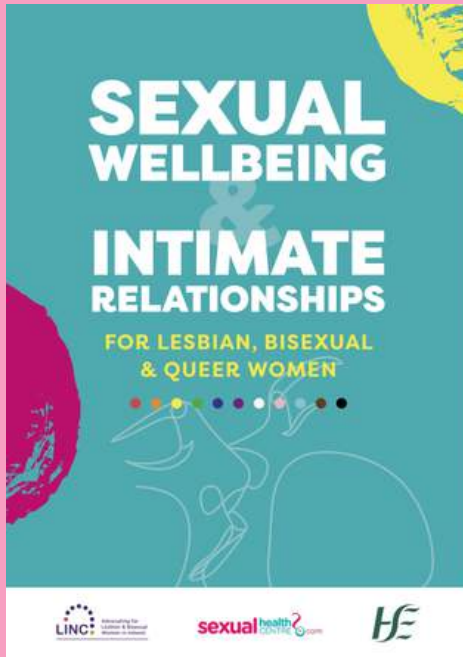


**Our Executive Director Martin delivering a presentation at the World Health Organisation (WHO) Healthy Cities Annual Business meeting**



# IN OTHER NEWS

NEW



Sexual wellbeing & intimate relationships for lesbian, bisexual and queer women (LBQ) resource was developed by LINC (Advocating for lesbian and bisexual women), the Sexual Health Centre and the HSE Sexual Health and Crisis Pregnancy Programme (SHCPP) in 2022.

This resource is to support the relationships and sexual well-being of lesbian, bisexual and queer (LBQ) women, and for transgender and non-binary people for whom the information is relevant.





The Sexual Health Centre was proud to have established and maintained a number of mutually beneficial partnerships aimed at facilitating public access to sexual health services, normalising the topic of sexual health, providing support to vulnerable groups and ensuring advancement of sexual education and the culture of tolerance.

## The School of Public Health, UCC

The Sexual Health Centre's Executive Director holds an Adjunct Senior Lecturer post with the School Of Public Health in UCC. This role involves supervising research projects in the area of sexual health.



## The Gay Health Network

The Sexual Health Centre is a proud member of the GHN, a network of organisations and individuals in Ireland promoting HIV prevention and sexual health and wellbeing for gay, bisexual and men who have sex with men (MSM).



## The Sexual Health Network

Ireland's first sexual health network was established by the Sexual Health Centre in partnership with the GUM/STI clinic, the HIV clinic in CUH, the Sexual Violence Centre, the Sexual Assault Treatment Unit, Cork Gay Project, LINC, the Youth Health Service (YHS), HSE Public Health, HSE Health Promotion and Improvement, UCC Students Union, and MTU Students Union.



## Cork City Local Community Development Committee (LCDC)

The Centre Manager, Catherine Kennedy, has been a community representative on the Cork City LCDC since January 2019.



## COMPASS Healthy Ireland Implementation Group

The Executive Director chairs the Sexual Health Action Area of the COMPASS plan for Cork Kerry Community Healthcare. The objective of COMPASS is to deliver an integrated, holistic service focusing on improving health and wellbeing and reducing health inequalities to prevent chronic disease at a network level.



## Cork City Public Participation Network (PPN)

The Centre's Executive Director and Centre Manager are members of the Cork City PPN on behalf of the organisation.



## Cork Healthy Cities

As Cork is a designated World Health Organisation (WHO) Healthy City, Cork City Council commits to the community's health and a process and structure to achieve it. The Sexual Health Centre is proud to contribute to the Cork Healthy Cities project.



## Cork Local Drugs & Alcohol Task Force

The Sexual Health Centre continued its partnership with CLDATF. The Executive Director, Dr Martin Davoren and our Senior Health Promotion Officer, Muire O'Farrell are community representatives on the task force, focused on responding to drug and alcohol issues in Cork city and Cork North East.



## The City Centre Coordinating Group

In partnership with St. Fin Barre's Cathedral, Cork Deaf Association and Threshold, the Centre provides sponsorship to the Community Employment Scheme. The Centre's Executive Director is the Chairperson of the Board.



## AIDS Action Europe

The Sexual Health Centre is part of a regional network of over 420 organisations across 47 countries, whose vision is for people living with HIV to be free from stigma, discrimination and persecution, and access the necessary prevention, treatment, care and support.



# “CLIENT” TESTIMONIALS

“I FELT VERY  
COMFORTABLE ASKING  
QUESTIONS.”

“THANK YOU FOR ALL THAT  
YOU DO. IT'S SUCH A  
GREAT SERVICE IN CORK

“The WISEonline training is  
such a great resource.  
Going to be so helpful in my  
work with young people. I  
really like the PowerPoint  
at the end too.”

I AM SO THANKFUL FOR THE  
SERVICE YOU AND YOUR TEAM  
RUN, AS WELL AS YOUR  
DEDICATION, AND CALM  
DEMEANOUR.

IT WAS GREAT TO BE IN  
SUCH A RELAXED  
ENVIRONMENT, AND THANK  
YOU FOR SEEING ME  
EARLIER THAN I BOOKED. IT  
REALLY PUT MY MIND AT  
EASE.

“We got a delivery of SHIFT  
booklets today. What a  
fabulous, inclusive  
resource. Thank you!”

“We got a period product dispenser  
at our youth centre. It has been  
so well received, and normalised  
conversations around periods here.”

“THE DASH VAN VISITED OUR  
CAMPUS FOR SHAG WEEK. IT  
WAS GREAT TO SEE AN  
INCLUSIVE RESPONSE TO  
DRUGS, ALCOHOL AND SEXUAL  
HEALTH

“I would have always felt comfortable  
talking to young people about their  
sexual health, but this training has made  
me realise that I would have given them  
some misinformation. I've learnt loads  
about the services young people can  
access.”

WE RECEIVED STAFF  
TRAINING FROM BERNIE AS  
PART OF THE SEXUAL  
HEALTH HUB INITIATIVE. THIS  
WAS SO USEFUL, PRACTICAL  
AND INFORMATIVE. I WOULD  
HIGHLY RECOMMEND.

# ACKNOWLEDGEMENTS

The Sexual Health Centre team would like to express our gratitude and appreciation to the many individuals and organisations who supported us and worked with us throughout the year.

## Board of Directors

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The Sexual Health Centre would also like to thank its volunteers for their crucial contribution to its service provision.

## Principle funders

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# WE THANK YOU FOR YOUR CONTINUED SUPPORT IN OUR PROGRAMMES



