

The background is a solid teal color. A thick, curved pink band enters from the top right and curves towards the bottom right. In the bottom left, there is a large white circle containing a teal circle, which in turn contains a pink oval shape.

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Annual Report 2018



The Sexual Health Centre Limited
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www.sexualhealthcentre.com

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CENTRE  com



CHAIRPERSON'S REPORT

I am delighted to introduce the 2018 Annual Report on behalf of the clients, volunteers, staff, stakeholders and Board of Directors of the Sexual Health Centre.

Quality service provision and innovation remains at the heart of the organisation. This past year the centre continued to respond to and provide services that match the needs of a growing Cork community. Providing support to people living with or affected by HIV, increasing individual capacity to access healthy relationships and supporting positive sexual health and wellbeing remain at the heart of our organisation, as well as making screening and reproductive health support opportunities more accessible. In 2018, numbers attending for sexual health, crisis pregnancy, HIV, sexuality and relationship advice continues to increase highlighting the community need for high quality, professional and inclusive services.

December marked World AIDS Day 2018 and an opportunity for the centre to stand in solidarity with those living with or affected by HIV as well as highlight the need for every individual to know their HIV status. The centre focused on two initiatives. We launched the first national PhotoVoice HIV exhibition. Submissions from around the world (including Ireland, UK and USA) were received and exhibited at St Peters, Cork for the week leading to World AIDS day.

Complementing this, the team delivered Ireland's first World AIDS Day Run in Ballincollig in collaboration with parkrun and the HSE Sexual Health & Crisis Pregnancy Programme. The event highlighted the need for everyone to know their HIV status as well as highlighting the U=U message.

There is an ever increasing awareness of the need for good quality and informative sexual health services for people in Ireland. The organisation continues to partner with statutory and non-statutory agencies to support the sexual health needs of an evolving Ireland. As social advocates for positive social change, the Sexual Health Centre made a number of policy submissions throughout the year in relation to relationship and sexual education. In addition, the centre's team remain key collaborators and stakeholders on a number of national and local policy implementation groups. Supporting this, a Cork-based sexual health network was formed in 2018 between the Sexual Health Centre, the STI/GUM clinic and SATU based in the South Infirmary, the HIV Clinic based in Cork University Hospital, the Sexual Violence Centre, LINC, the Cork Gay Project and the Youth Health Service. This network provides a forum to share knowledge, highlight services, advocate for and better respond to the client.

The ongoing work of the Sexual Health Centre would not be possible without the staff, volunteers and board of the organisation. I would like to commend the team in delivering an exciting range of services, advocacy campaigns and policy recommendations in 2018. Their continued determination to provide high quality, equitable, accessible and inclusive sexual health services is crucial to ensuring the fundamental human rights of everyone to experience positive sexual rights, experiences and health are delivered.

MR. CIARÁN LYNCH

The Sexual Health Centre, Chairperson

INTRODUCTION

The Sexual Health Centre Ltd. is a Not for Profit, Non-Governmental Organisation (NGO) that was established in July 1987 as Cork Aids Alliance. The vision of the organisation is for a future where sexual health is recognised as an integral part of life, barriers to access sexual health services are removed, social stigma and discrimination are challenged, each individual feels safe to express their sexuality, and people make informed decisions regarding their sexual wellbeing and treat each other's life choices with the utmost respect.

In achieving this, the Sexual Health Centre sets a mission 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."

Our values include Dignity, Confidentiality, Accessibility, Safe Space, Non-Biased, Everyday, Going All the Way, Partnership, Transparency, Quality. The Sexual Health Centre believes that everyone has a right to positive sexual health and aims to provide high quality, inclusive and client-focused services, focused on wellbeing, healthy relationships, HIV and sexual health, to every member of the community. For over 30 years, the Sexual Health Centre has supported the community through the most innovative initiatives and will continue to do so in the future.

THE YEAR IN REVIEW



The Sexual Health Centre introduced a number of new initiatives that reflected and enhanced the existing work being carried out in the area of sexual health, including HIV mentoring, sexual health advice and counselling for young LGBTI+ people and capacity building for professionals to increase their confidence when dealing with sexual health issues.

For the first time, the national campaign for World AIDS Day was led out of Cork by the Sexual Health Centre with the support of the HSE Sexual Health & Crisis Pregnancy Programme.

This culminated in the World AIDS Day Run, in association with parkrun Ballincollig, which attracted over 350 participants. The local focus of the national campaign helped bring Cork to the forefront of the topic and give people living with or affected by HIV in the Cork area a direct opportunity to express their views, volunteer, campaign and collectively advocate.

THE YEAR IN REVIEW



As part of the World AIDS Day campaign, the Centre organised the first Irish PhotoVoice HIV project.

The aim of this project was to give people living with or affected by HIV from around the world (including Ireland, UK and USA) an opportunity to express what HIV meant to them in the form of a photograph. Entries were displayed in St Peter's for the week leading to World AIDS Day.

The PhotoVoice HIV opening night also featured the launch of a qualitative report on the Lived Experience of HIV-Positive Young Adults in Cork by Aoife Burke. The report focused on the reality of being a young person in Cork diagnosed and living with HIV. This is a previously unexplored area of research, as the vast majority of current reports focus on ageing with HIV. The campaign received widespread media attention, and the launch night was highly successful.

The full text of the report can be found on the website of the Sexual Health Centre: <http://www.sexualhealthcentre.com/living-with-hiv-by-aoife-burke/>

OUR SERVICES

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

We are continuously seeking opportunities for development.



Rapid
HIV Testing



Support for people
living with HIV



Crisis pregnancy
support



Sex workers support
programme



Full STI
screening



Sexual health
workshops



Disability support
programme



Marginalised groups
support



Professional
training



Free condom demos &
distribution



Support for LGBTI+
community



9 a.m. - 5 p.m.
Mon-Fri Helpline

2018 sexualhealthCENTRE.com IN NUMBERS

5,988



CLIENT
INQUIRIES

948



COUNSELLING
SESSIONS

809



RAPID HIV
TESTS

21,970



CONDOMS
DISTRIBUTED

1,150



OUTREACH
CONTACTS

2,822



STI SCREENING
INQUIRIES

3,065



FACEBOOK
LIKES

578

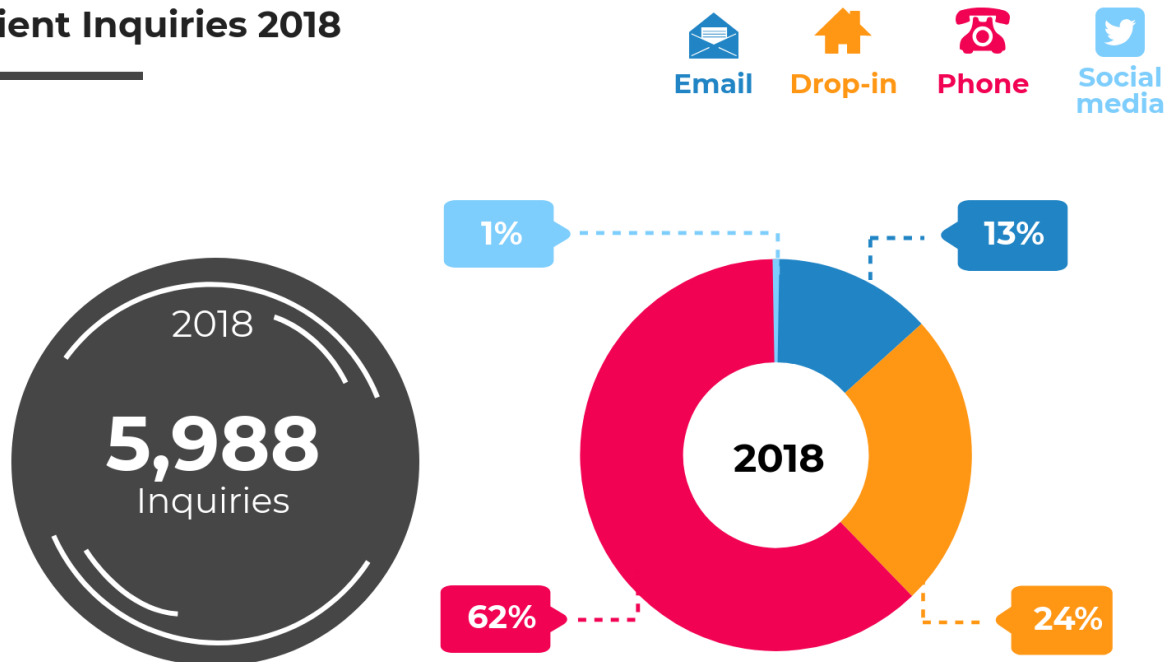


TWITTER
FOLLOWERS

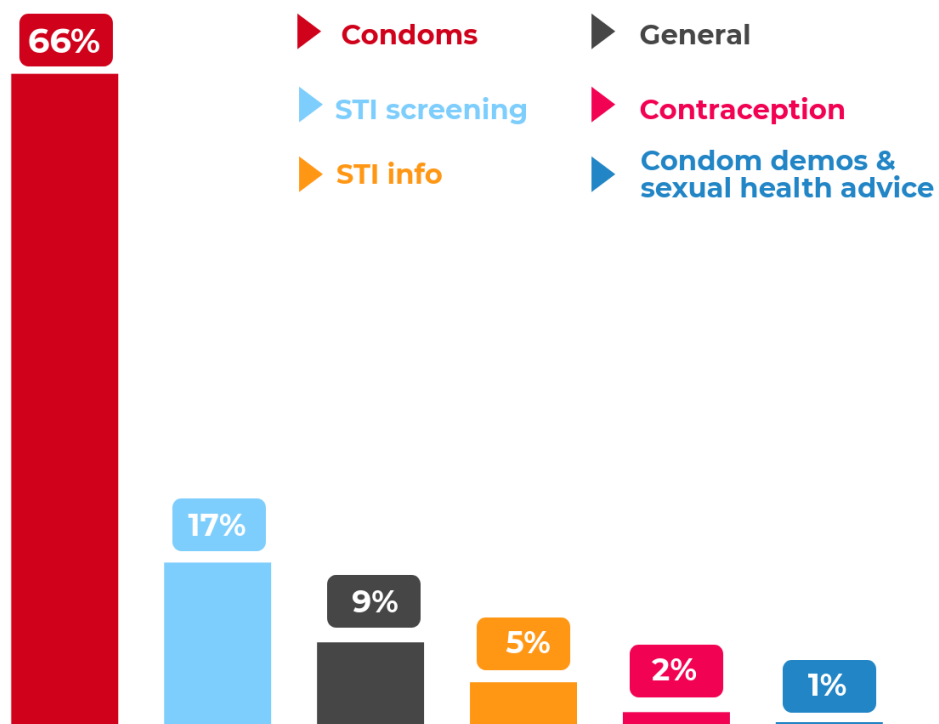
CLIENT INQUIRIES

In 2018, we have seen a 13% increase in drop-ins, phone and email queries compared to 2017.

Client Inquiries 2018



Nature of inquiries 2018



HEALTH PROMOTION

Our team delivered tailored workshops in a variety of settings during 2018. These included third-level educational establishments, direct provision centres, migrant centres, youth centres, non-mainstream schools, within the disability sector and travelling community.

*"Fantastic experience and total
life-changing education.
I felt comfortable and was shocked at my
own lack of knowledge of sexual health.
I'm looking forward to getting a
full STI screening now"*

Female, Direct Provision Centre

Outreach contacts 2018



COUNSELLING

At the Sexual Health Centre, our professional counsellors provide support that is non-judgmental, non-biased and personal.

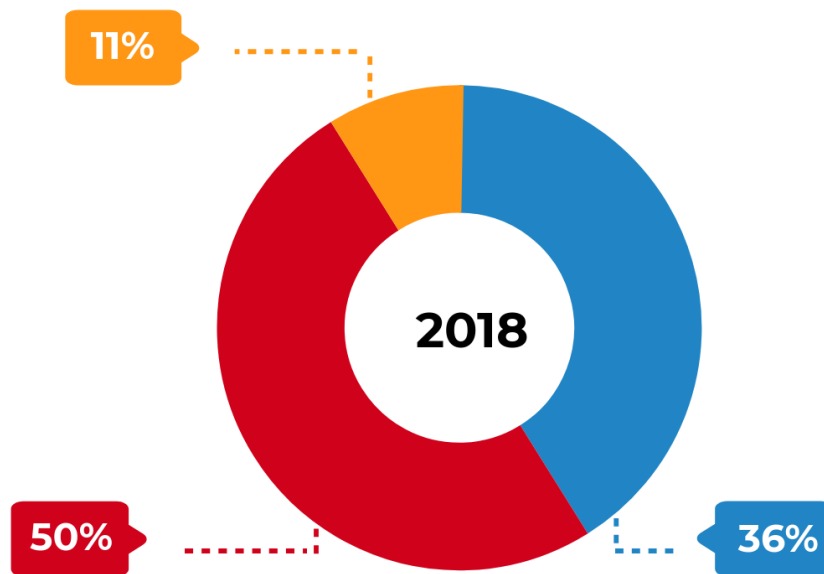
In 2018, we facilitated **948 counselling sessions** in total.


Counselling topics 2018


Crisis
Pregnancy


HIV


LGBTI



 CRISIS PREGNANCY
385 SESSIONS

 LGBTI+
84 SESSIONS

 HIV & SEXUAL HEALTH
479 SESSIONS

CRISIS PREGNANCY

We provide a non-judgmental, wrap-around and free service, ranging from pregnancy testing to all-option crisis pregnancy counselling, as well as post-termination counselling and support.

In 2018, we provided **385 counselling sessions** on the topic in total.

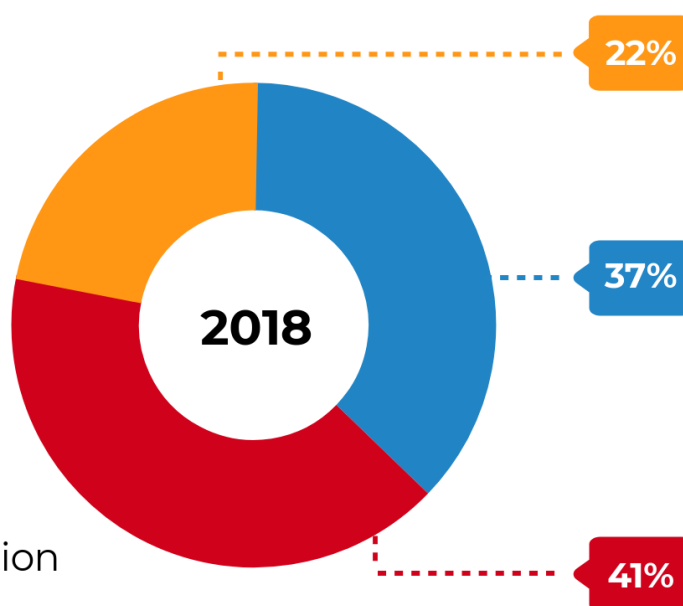
Crisis pregnancy sessions 2018

37%

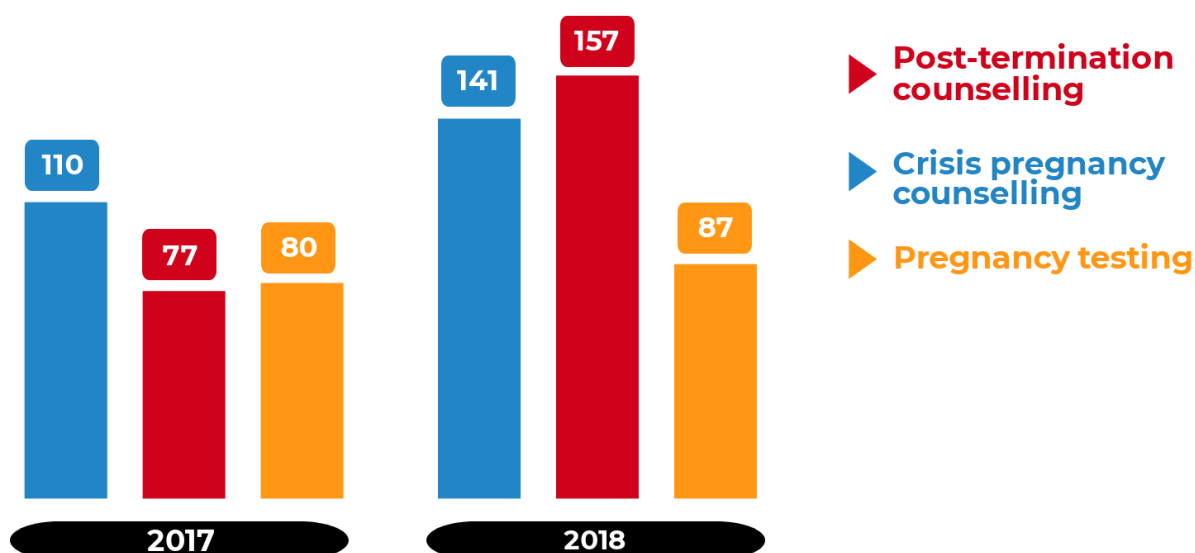
overall increase vs 2017
in crisis pregnancy related sessions

104%

increase in post-termination
counselling sessions compared to 2017



Crisis pregnancy sessions 2017 VS 2018



HIV & SEXUAL HEALTH SUPPORT

We provide people living with or affected by HIV with free one-on-one counselling, access to support groups and mentoring. We also provide one-on-one counselling for people experiencing sexual health concerns.

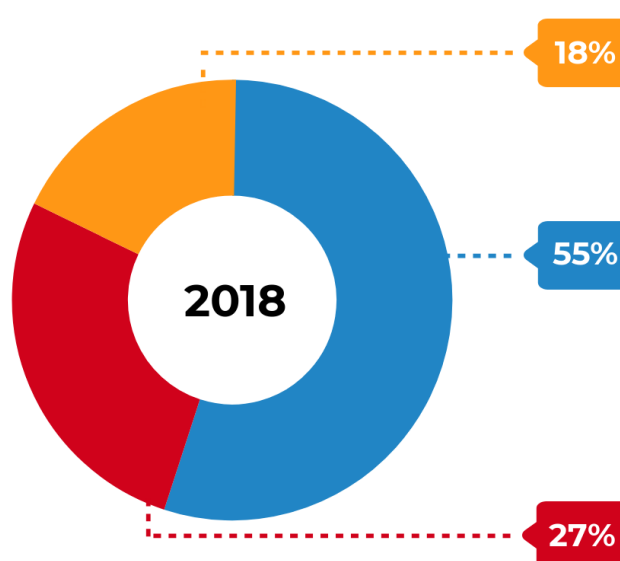
In 2018, we facilitated **479 counselling sessions** around HIV and sexual health in total.

HIV Support and Issues New Clients 2018 by Age

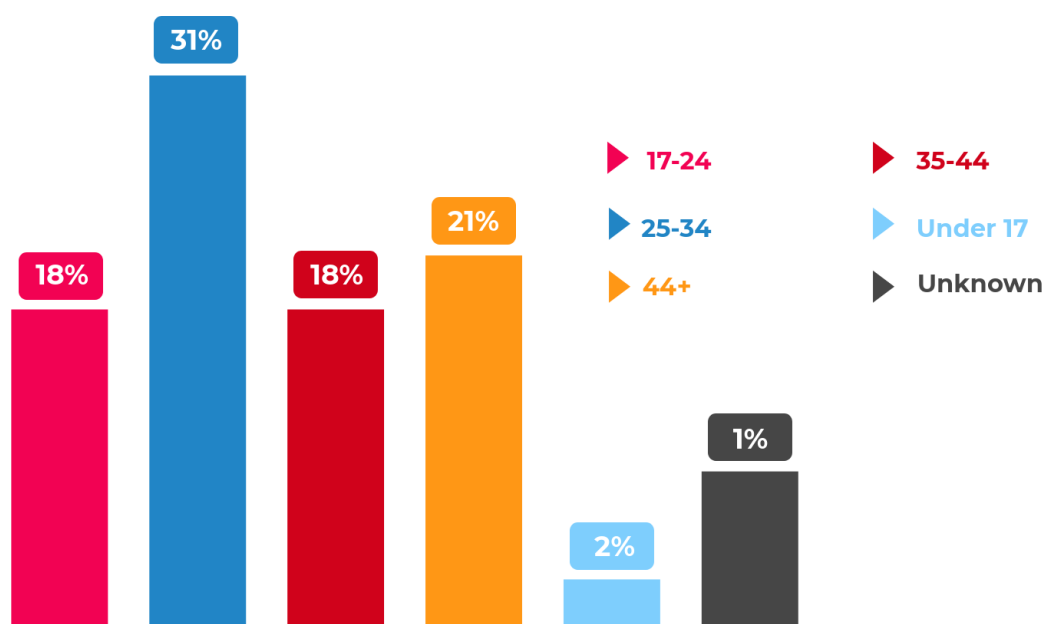
55%

are at age 25-34

of new clients affected by HIV



Sexual Health New Clients 2018 by Age



DCYA CAPACITY BUILDING GRANTS

In 2018, the Sexual Health Centre was proud to be awarded two DCYA capacity building grants.

The first allowed us to offer professional **counselling to young people from LGBTI+ community** over the course of 8 weeks. The counselling was provided by Mr. John Fleming.

The second allowed us to introduce a **training programme aimed at increasing confidence among youth workers and professionals** when responding to queries and concerns from service users in relation to sexual health. The programme was delivered by Ms. Anna Keogh.



84

contacts

engaged during the counselling programme for **young LGBTI+ people**

57

professionals

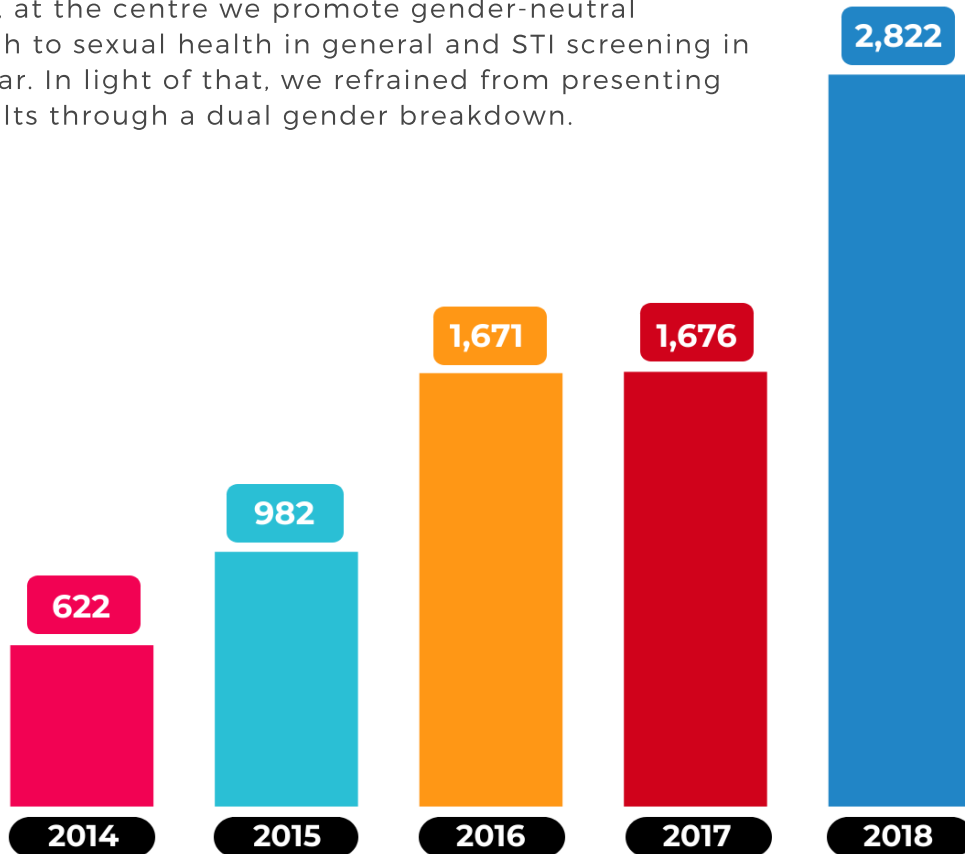
participated in the **training programme**



STI SCREENING

In 2018, we received **2,822 inquiries*** regarding STI screening, which is a more than 1.5-fold increase compared to 2017.

*To support the expression of one's preferred gender identity, at the centre we promote gender-neutral approach to sexual health in general and STI screening in particular. In light of that, we refrained from presenting the results through a dual gender breakdown.



2,822

STI screening inquiries in **2018**

68% ↑

increase compared to **2017**
in inquiries about **STI screening**

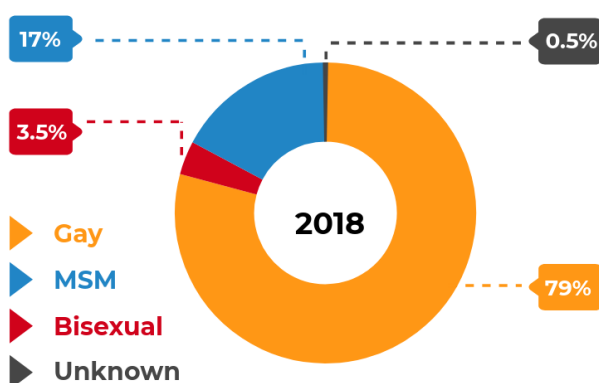


RAPID HIV TESTING

In partnership with the national KnowNow project, the centre offers free Rapid HIV testing, both on-site and in the community setting.

In 2018, we provided **809 Rapid HIV tests**.

Rapid HIV Test 2018
Clients Among LGBTI+ community



Rapid HIV Test 2018
Clients by Country of Origin

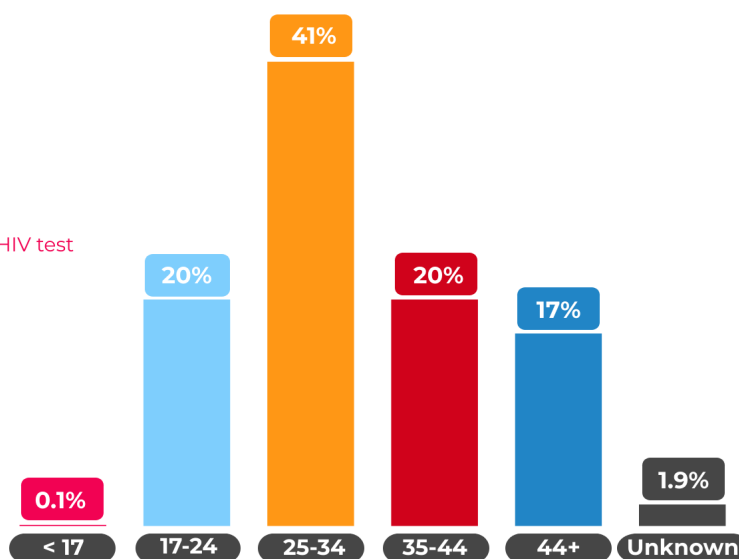


Rapid HIV Test 2018
Clients by Age

41%

are at age 25-34

of clients who've taken a Rapid HIV test



WORLD AIDS DAY CAMPAIGN 2018



ATTENDANCE

350+ runners from Cork city and county



MEDIA COVERAGE

10+ local and national media, including RTE, 96FM, REDFM, Irish Examiner, Echo & more.



ONLINE REACH

152,132 people reached via the online campaign

PHOTOVOICE HIV 2018



COLLECTIVE CHAOS.

*We all live a chaotic life,
but yet we all have the choice and
are in control of our own path.*

Male, age 33, Scotland



1st IRISH EVENT OF ITS KIND



16 PHOTOS SELECTED



5 SUBMITTED COUNTRIES

Ireland, England, Scotland,
Netherlands, USA



I PLAYED A LOTTERY WITH MY STATUS.

I didn't win, HIV did.

*The game was fun for a while but when
anyone gambles there is always a loser.*

Male, age 62, Ireland

RAISING OUR PROFILE



Website Re-Design

The website received a new look & feel

021 427 8670 | 18 Peters Street, Cork | info@sexualhealthcentre.com

sexualhealth
CENTRE

[Home](#) [About Us](#) [Our Services](#) [News](#) [Contact Us](#)



OUR SERVICES



OUR TEAM



SEXUAL HEALTH



VOLUNTEER



Charity Impact Awards

We were proud to have been named finalist, selected out of over 100 entries



Media Coverage

The centre and its staff's opinions were frequently referenced in the local and national media

CORK'S 96 FM The Corkman Evening Echo

RTE  Irish Examiner THE  TIMES

Cork
INDEPENDENT

IRISH
Mirror

DublinLive

C103

POLICY INITIATIVES

The Sexual Health Centre was proud to have collaborated on a number of initiatives aimed at advancing the area of sexual health and wellbeing, improving sexual education and promoting the culture of inclusivity and acceptance, particularly in concern to people affected by HIV, people experiencing crisis pregnancy, adolescences, members of LGBTI+ community and other vulnerable groups.



European Union
Health Programme

European MSM Internet Survey

Contributed to the European Survey aimed at informing interventions for groups highly affected by HIV and STIs.



Cork Healthy Cities

Provided feedback on a health promotion training manual in relation to LGBTI+ inclusivity in healthcare.



For Inclusion
For Equality
For Everyone

LGBT Ireland

Responded to changes in policies, focusing on advocacy for inclusive medical care.



The National Council for Curriculum and Assessment

Submitted a policy recommendation in relation to sexual education, sexual health and wellbeing.



ESTICOM Training

Attended ESTICOM training focused on the development and pilot testing of a training programme for MSM-focused community health workers, intended to be adaptable for all EU countries



Speak Up! Programme

Contributed to the rollout of the University College Cork Bystander Intervention Programme "Speak Up", aimed at building a culture of zero tolerance toward sexual harassment and violence.



Cork Local Drugs & Alcohol Task Force

The Executive Director sits on the Board of the task force, focused on responding to drug and alcohol issues in Cork city. The organisation would like to acknowledge the work of Theresa Spillane who facilitated one-to-one drug and alcohol support sessions at the centre.



HSE National Sexual Health Strategy Advisory Group and Communications Group

Continued to provide strategic advice and direction to support the National Sexual Health Strategy (2015-2020).

PARTNERSHIPS

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 Executive Director holds an Adjunct Lecturer post. this role focuses on supervising Master of Public Health research projects in the area of sexual health.



Youth Health Service

Provided on-going support and raised awareness for the YHS initiatives and services, as well as offered necessary referrals.



STI Clinic at the Student Health Department, UCC

Since 2016. the centre's Senior Health Promotion Officer has been acting as Sexual Health Advisor as part of the STI clinic every Friday.



Know Now National Rapid HIV Testing Programme

Continued collaborating with the programme and provided free Rapid HIV testing at the centre and in community settings.



Sex Workers Alliance Ireland (SWAI)

In collaboration with the director of SWAI, the centre promoted health and safety of sex workers in Ireland, as well as provided free support, rapid HIV testing and condoms to sex workers.



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. Participants focused on raising public awareness and supporting community groups in matters of sexual health. The Executive Director is the Secretary of the Board.



Cork Chamber of Commerce

The centre has been a member since 2017 and attended a number of events in 2018.

ATTENDED EVENTS

JANUARY

Pearl of Wisdom

Attended the launch of the campaign to highlight the importance of free regular cervical screening.

JUNE

Annual Gay Health Forum

The Executive Director presented on our collaborative approach to service delivery in Cork and combined efforts in advancing the health and wellbeing of LGBTI+ people.

"Asking for It"

The Executive Director contributed to the discussion on the novel and play by Louise O'Neill.

AUGUST

Cork Pride

The staff proudly supported and participated in the event and offered free rapid HIV testing

OCTOBER

START Doctors Conference

Attended the medical conference on women's reproductive health, focusing on provision of early medical abortion in Ireland, and became members of the task group.

DECEMBER

Charity Impact Awards

The centre was named finalist. The Executive Director and the Centre Manager attended the reward ceremony in Dublin.

World AIDS Day Run

The National event was organised by the centre in collaboration with HSE Sexual Health and Crisis Pregnancy Programme and parkrun.

MAY

Cork LGBTI+ Awareness Week

The Executive Director chaired Dr Michele Glacken's keynote presentation at the Gay & Grey Conference.

JULY

Cork Youth Forum

Attended the mid-term review of the national policy *Better Outcomes, Brighter Futures*.

Cork Pride

The staff proudly supported and participated in the event and offered free rapid HIV testing.

SEPTEMBER

Sexual Health Awareness & Guidance week

Provided a number of workshops focused on sexual health, STI awareness and prevention, consent and healthy relationships at CIT and UCC.

NOVEMBER

Society for the Study of Sexually Transmitted Diseases in Ireland conference

Aoife Burke, researcher with the Sexual Health Centre, presented her research findings on "The lived experience of HIV-positive young adults in Cork, Ireland" at SSSTDI.

PhotoVoice HIV

This 1st Irish event was organised by the centre and focused on providing people living with or affected by HIV with an opportunity to express what HIV meant to them in a photo format and to get exhibited in a gallery setting.

RESEARCH AND EVALUATION

Research and evaluation underpin the service delivery elements across the organisation.

In 2018, the Sexual Health Centre completed a number of research reports.

An evaluation of the Know Now Community Rapid HIV Testing Programme in Ireland

Aoife Burke,
Martin P. Davoren (2018)

The lived experience of HIV-positive young adults in Cork, Ireland: A qualitative study

Aoife Burke,
Martin P. Davoren (2018)

Delivering sexual health services in the community setting: Results from the Sexual Health Centre, Cork (2014-2017)

Catherine Kennedy,
Gosia Waldowska,
Martin P. Davoren (2018)

As part of the Executive Director's Adjunct Lecturer role with the School of Public Health in University College Cork he supervised a number of Master's theses in 2018.

The lived experience of HIV-positive young adults in Cork, Ireland: A qualitative study

Aoife Burke (2018)

Sexual health in the community sector. A stakeholder analysis

Cian Power (2018)

The preferences and needs of young people aged between 18-25 years, regarding sexual health services in Cork City

Fern Higgins Atkinson (2018)

An exploration of knowledge, attitudes and behaviours surrounding sexual consent among third-level students: A qualitative study

Niamh O'Connor (2018)

Access to HIV treatment among female sex workers in Epworth, Zimbabwe: A qualitative study

Nyasha Sanie (2018)

ACKNOWLEDGEMENTS

The Sexual Health Centre would like to express our gratitude and appreciation to all those who worked with and provided us with support throughout the year.

Board of Directors

Ciarán Lynch (Chairperson), Miriam Forde (Treasurer), Giles Reid (Secretary), Sheila Connolly, Meenkshi Muppall, Louise Crowley, Elizabeth Murphy, Aoife O'Sullivan and Thomas Quigley.

Executive Director

Martin Davoren

Managers

Catherine Kennedy,
Phil Corcoran

Staff

Anna Keogh, Aoife Burke, Denis O'Mahony, Evelyn Dickinson, Gosia Waldowska, Irene Kidd Murphy, John Fleming, Kathleen Greaney, Mary Wilkins, Nadia Reckmann, Niamh O'Connor, Susan Walsh, Tony Lynch.

Community Employment Staff: Charles Neilson, Lorraine Sisk, Maria O'Leary and all our volunteers.

In March 2018, Irene Kidd Murphy retired after more than 14 years working with the Sexual Health Centre. Irene initially worked in administration before training as a counsellor and supporting crisis pregnancy, sexual health and HIV clients throughout the years. We want to acknowledge Irene's contribution to both the Sexual Health Centre and its service users.

Principle funders

Community Work Department, Cork Kerry Community Healthcare, HSE South (CHO4), The Sexual Health and Crisis Pregnancy Programme, The Department of Children and Youth Affairs via Cork Education and Training Board, Healthy Ireland administered by Pobal via Cork City Council.

We also wanted to thank these additional organisations and individuals. Your support means the world to us.

Eleanor Moore, Triona Healy and the team in the Community Work Department, Cork Kerry Community Healthcare, HSE South, Helen Deely, Janice Donlon and the team in the Sexual Health and Crisis Pregnancy Programme, Ruth Griffin and the Youth Services Team in Cork Education and Training Board, Tony Power, Rebecca Loughry and the team in Social Inclusion in Cork City Council, The Lord Mayor; Professor Mary Horgan, Danny Queally & staff at the STI/GUM Clinic in the HSE South; Dr Arthur Jackson, Dr Corinna Sadlier, Liz Murphy & Jacinta Joyce (HIV Liaison nurses) & staff (Infectious Diseases) CUH; Priscilla Lynch and the Health and Wellbeing team, Cork Kerry Community Healthcare; Sandra Coughlan, Denise Cahill and the team in Health Promotion & Improvement Dept, HSE South; Youth Health Service; Augustine Pereira and staff of the Department of Public Health, HSE South; Derval Igoe, Kate O'Donnell and the team at the Health Protection Surveillance Centre; Dr Aidan Horan & staff at Arbour House; Dr Anna Marie Naughton & staff at The Simon Community; Ann Mason & staff at GOSHH; Joe McDonagh & staff at Aids West; Niall Mulligan & staff at HIV Ireland; Richard Carsen and the team in ACET; Siobhan O'Dea and staff at GMHS; Dr Michael Byrne & staff at Student Health Services UCC; Prof Ivan Perry & staff at the School of Public Health UCC; Aileen Dooley National Drug/HIV Helpline; Pdraig Rice & staff at Cork Gay Project; Kate & staff at LINC; Margo & staff at SATU, Mary Crilly & staff at Cork Sexual Violence Centre, Cork Local Drug and Alcohol Taskforce; Breda Gahan, Global Health & HIV and AIDS Programme Adviser and the team at Concern Worldwide; Robin & staff at Chambers Bar; Johnathon & staff at The Loft; Mac Cosmetics staff at Brown Thomas Cork.



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Facebook - @BeSexyStayHealthy