Sexual health & com Annual Report 2019

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Registered Charity: CHY 19919 | Company Registration number: 130615



Sexual health & com



CHAIRPERSON'S LETTER

It is my pleasure to introduce the 2019 Annual Report on behalf of the clients, volunteers, staff, stakeholders and Board of Directors of the Sexual Health Centre.

During the year 2019, the Centre expanded its extensive list of services and continued to meet the needs of the growing Cork community in a dynamic and responsive manner.

Key priorities for the Centre include supporting people living with or affected by HIV, increasing individual capacity to engage in healthy relationships, and promoting positive sexual health and wellbeing.

Ensuring widespread accessibility to screening and reproductive health support remains a focus for the Centre. In 2019, we saw a rise in the number of people engaging with services for sexual health, crisis pregnancy, HIV, sexuality and relationship advice. This has been a clear indicator of the community's need for high quality, professional and inclusive services.

As part of Ireland's first sexual health network, the Sexual Health Centre launched a portal at www.mysexualhealth.ie, to provide a range of information on sexual health, healthy relationships and wellbeing in Cork city.

The Sexual Health Centre led Ireland's second World AIDS Day Run in conjunction with parkrun, sexualwellbeing.ie, Healthy Ireland and the Health Service Executive.

The event promoted the U=U message, and highlighted the need for everyone to know their HIV status.

The Centre launched its five year strategic plan, prioritising the delivery of sexual health services for the community. Other goals include provision of sexual health services online, face-to-face and over the phone; delivery of sexual health education programmes for individuals with an intellectual disability; production of user-friendly publications and communications; and delivery of outreach programmes to inform and support young people in out-of-school settings.

Building on old and new partnerships is of great importance to the Sexual Health Centre. By establishing relationships and collaborations with statutory and non-statutory agencies, the Centre has been able to better support the sexual health needs of an evolving Ireland.

Often at the vanguard of progressive social change, the Sexual Health Centre has made a number of policy submissions throughout the year. The Centre was proud to be a co-signatory for Cork's membership of the HIV Fast Track Cities initiative. The Centre's team members remain key collaborators and stakeholders on a number of national and local policy implementation groups.

The important work of the Sexual Health Centre would not be possible without the commitment of the staff, volunteers and board of the organisation. I would like to extend my congratulations to the team in delivering a range of innovative services, advocacy campaigns and policy recommendations in 2019. Their commitment to the provision of high quality, equitable, accessible and inclusive sexual health services is crucial to ensuring every individuals' right to a positive healthcare experience.

MR. CIARÁN LYNCH

The Sexual Health Centre, Chairperson

INTRODUCTION

The Sexual Health Centre 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:

"[A]Iways 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-Bias, Partnership, Transparency and 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. These services relate to wellbeing, healthy relationships, HIV and sexual health, and are available to every member of the community.

For over 30 years, the Sexual Health Centre has supported the community through innovative initiatives and an adaptive team, and it will continue to do so in the future.



THE YEAR IN REVIEW

The Sexual Health Centre introduced a range of new initiatives in 2019, and welcomed a number of changes at national level during this pivotal year for Ireland.

The beginnings of an important national policy change came in the form of the Relationships and Sexuality Education (RSE) review completed by the National Council for Curriculum and Assessment (NCCA). The Sexual Health Centre has worked to promote progressive policy developments through its policy recommendations, training, workshops and counselling. The Centre devised the 'WISE' training programme in 2019 to build capacity among teachers and youth workers in their delivery of sexual health education.

A peer-led LGBTQIA+ support role was introduced at the Centre, with a view to creating a safe space for the members of the community. The Centre's peer sexual health advisor provides practical support to LGBTQIA+ individuals and their families.

Ireland saw another societal shift in the aftermath of the 2018 referendum to repeal the Eighth Amendment of the Constitution. The victory of the 'Repeal' vote sparked a surge in the amount of people availing of crisis pregnancy counselling at the Centre in 2019. This included many people who had experienced a termination in the past, and felt encouraged to undergo counselling following the referendum.

The Sexual Health Centre was a proud co-signatory to Cork's membership of the HIV Fast-Track Cities initiative. This was soon followed by the delivery of a national HIV prevention programme in the Autumn, supported by the Sexual Health Centre through its health promotion and outreach work. A one-to-one mentoring service was established at the Centre for people who are living with HIV. This service includes assistance for people facing employment issues, adherence to medication, asylum applications, and other practical issues.

The Sexual Health Centre was proud to introduce an online portal for sexual health advice, at www.mysexualhealth.ie, as part of Ireland's very first Sexual Health Network. These initiatives were funded by Healthy Ireland, along with a visual health promotion campaign displayed on bus shelters and billboards across the city.

By building partnerships with local, national and international organisations, the Sexual Health Centre has been able to contribute significantly to the advancement of Cork's sexual health service provision.

OUR SERVICES

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



Crisis pregnancy support



Sex workers support programme



Full STI screening



Sexual health workshops



Disability support programme



Marginalised groups support



Professional training



Free condom demos and distribution



Support for LGBTQIA+ community



Monday - Friday helpline

2019 IN NUMBERS

CLIENT ENQUIRIES



6,619

187



MENTORING SESSIONS

HIV COUNSELLING SESSIONS



286

3,811



HEALTH PROMOTION CONTACTS

RAPID HIV TESTS



719

504



CRISIS PREGNANCY SESSIONS

STI SCREENING TESTS



275

32,644



CONDOMS DISTRIBUTED

WORLD AIDS DAY RUN PARTICIPANTS



430+

26



MEDIA MENTIONS

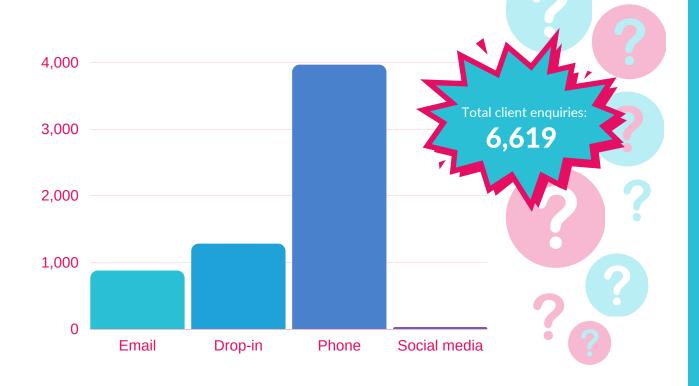
WEBSITE VISITS

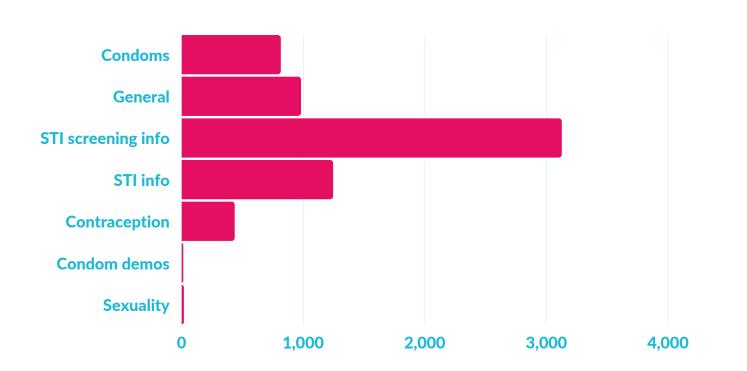


5,216



In 2019, we saw a total of 6,619 enquiries from clients, in the form of drop-ins and contact via social media, phone and email.



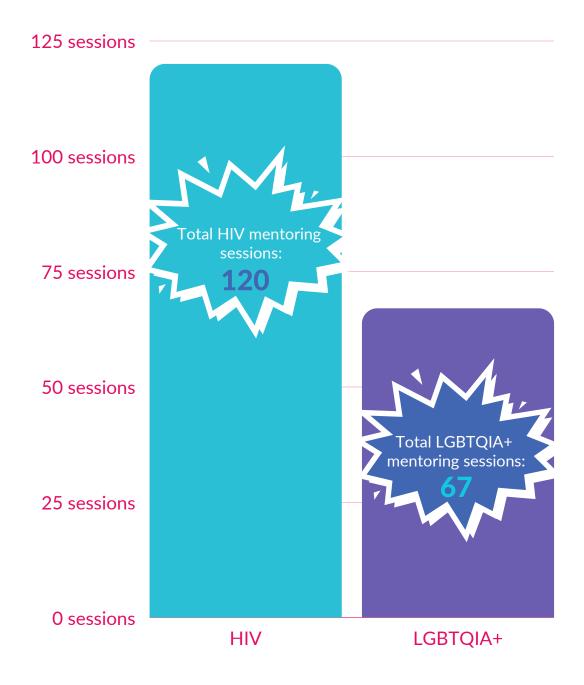


Note: Several enquiries can be attributed to one client.

MENTORING SERVICES



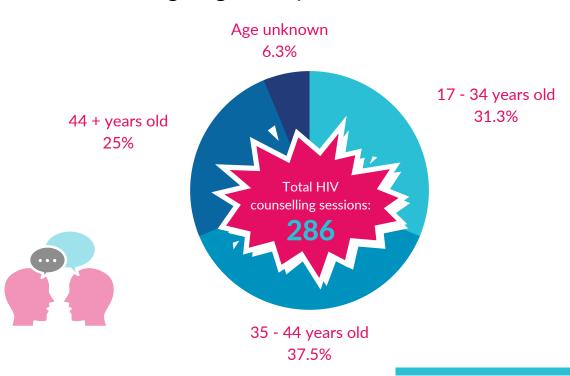
The Sexual Health Centre offers non-judgmental, professional mentoring services. The Centre's LGBQTIA+ Sexual Health Advisor and HIV Support Worker provide practical support to members of the community and their loved ones.



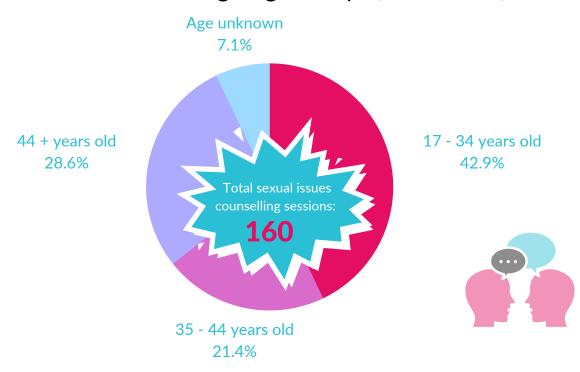
HIV & SEXUAL ISSUES SERVICES

The Sexual Health Centre provides professional counselling, tailored to the experiences and needs of people living with HIV, and people experiencing sexual issues. In 2019, we facilitated 446 counselling sessions around HIV and sexual health issues in total.

HIV Counselling - Age Groups (New clients)



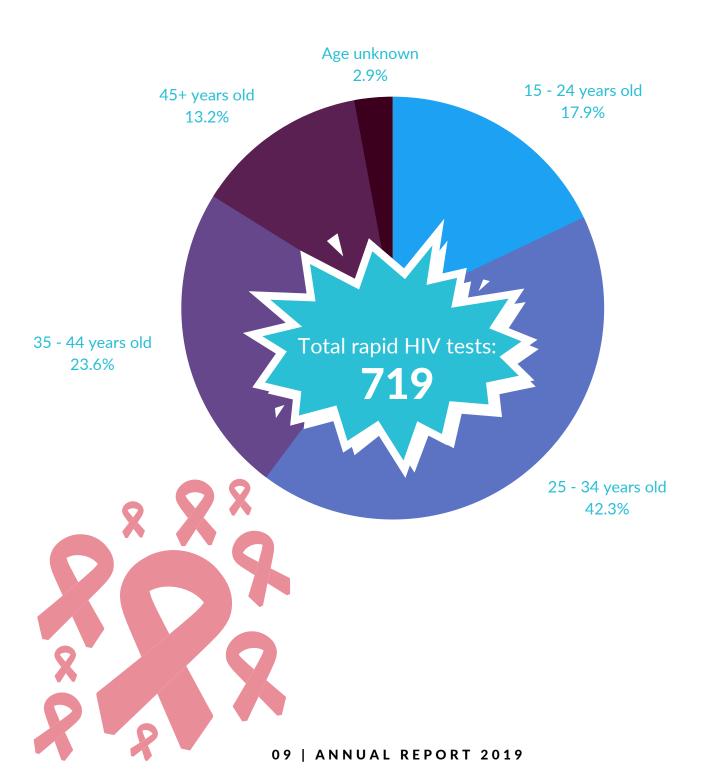
Sexual Issues Counselling - Age Groups (New clients)



RAPID HIV TESTING

The Centre offers free rapid HIV testing, both on-site and in community settings. In 2019, we provided 719 rapid HIV tests, as part of a partnership project with organisations across the city. This testing service is supported by volunteers as well as the Centre's health promotion and outreach workers.

Rapid HIV testing clients: Age groups



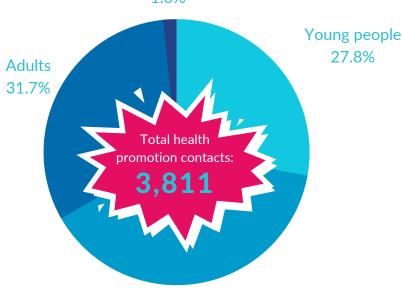
HEALTH PROMOTION 🔼



27.8%

Our team delivered tailored workshops in a variety of settings during 2019, including third-level educational establishments, direct provision centres, migrant centres, youth centres, non-mainstream schools, within the disability sector and the travelling community.





Individuals with disabilities 38.9%

Testimonials

"BRILLIANT FACILITATOR. INFORMATIVE. PERSONABLE, OPEN AND INTERESTING."

"WELL DONE. SHOULD BE ROLLED OUT AND BE MADE MANDATORY IN ALL SCHOOLS. THANKS."

"EXCELLENT. WOULD RECOMMEND TO DO IN ALL SCHOOLS."

IIVERY INFORMATIVE AND EXCELLENT FACILITATION."

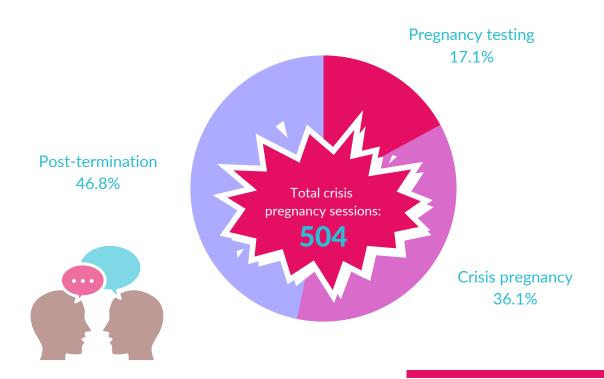
- Various WISE training participants

REALLY THOUGHT EVERYTHING WHEN IT CAME TO UNTIL I HAD THESE WORKSHOPS. I WAS HOW LITTLE I KNEW. ESPECIALLY ABOUT HEP C AND HIV. THE SEXUAL HEALTH CENTRE STAFF MADE IT VERY COMFORTABLE FOR ME TO TALK ABOUT SEX AND I REALISED HOW IMPORTANT IT IS TO LEARN ABOUT ALL THE INS AND OUTS OF SEXUAL HEALTH. I THINK THEY DO AMAZING WORK!"

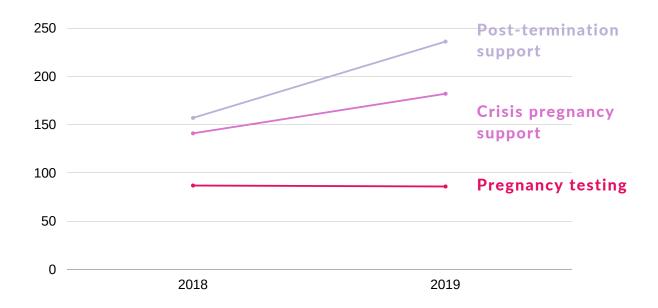
Centre

CRISIS PREGNANCY SERVICES

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 2019, the Centre provided a total of 504 sessions.

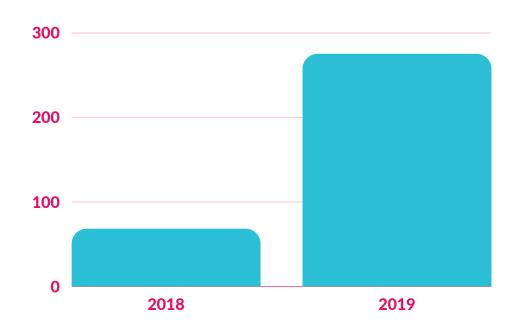


2018 vs. 2019



STI SCREENING

In 2019, the Centre provided 275 STI screenings, which is a fourfold increase from 2018. This service was provided in an out of hours clinic.



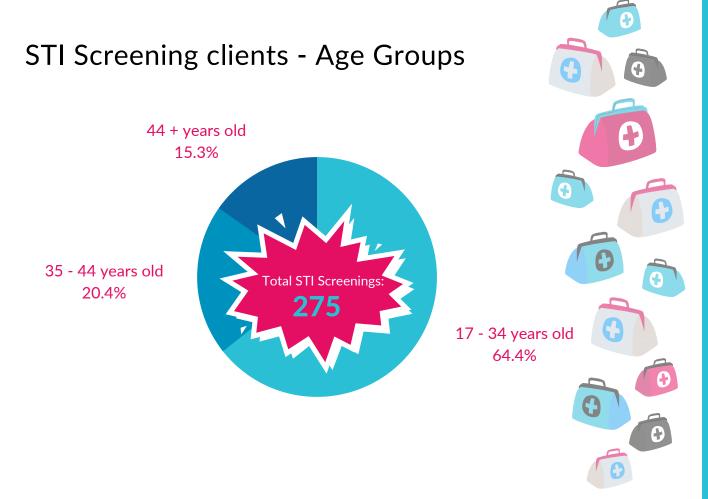


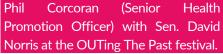
PHOTO ALBUM





And Give Week

The Centre Manager and Executive Director launching the 5 Year Strategic Plan.















Cities initiative.







RAISING OUR PROFILE



Ireland's first Sexual Health Network

The Sexual Health Centre joined seven other charities and organisations in Cork to form Ireland's first Sexual Health Network. The Network launched the first portal fully dedicated to providing information on sexual health, healthy relationships and wellbeing in Cork city, at www.mysexualhealth.ie.



Media mentions

The Sexual Health Centre's team and services featured in a range of local and national media throughout the year.











Irish Examiner Independent.ie ♥

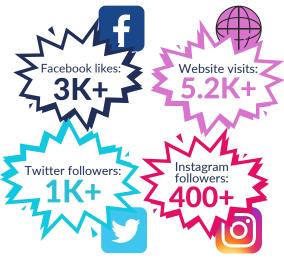






Online presence

Social media has become an increasingly important tool for the Sexual Health Centre to connect with its clients. Online platforms are used by the Centre to provide news about its services and general sexual health information, as well as appointment bookings and advice.



WORLD AIDS DAY CAMPAIGN 2019 X

Over 430 participants joined the World Aids Day run on 30th November. The run was launched by the Lord Mayor, Cllr. Dr. John Sheehan. The Centre would like to acknowledge the work of Maire O'Leary and the HSE Health Promotion and Improvement team for their efforts to expand the 2019 event to a second location in Tralee, Kerry.

















In 2019, the Sexual Health Centre was awarded grants from the Health Service Executive (HSE), the Sexual Health and Crisis Pregnancy Programme (SHCPP), Healthy Ireland, the Department of Children and Youth Affairs (DCYA), and the Irish Research Council.

This funding enabled our team to introduce a number of new initiatives, including the WISE training programme, which was funded by the DCYA and assists teachers and youth workers in their delivery of sexual health education.

Healthy Ireland funding afforded the Sexual Health Centre the opportunity to establish Ireland's first Sexual Health Network. This innovative partnership includes the GUM/STI clinic in South Infirmary Victoria University Hospital, the HIV clinic in Cork University Hospital, the Sexual Violence Centre, the Sexual Assault Treatment Unit, Cork Gay Project, LINC and the Youth Health Service. An online portal with information on all of these organisations was launched at www.mysexualhealth.ie.

The In The Know manual is a collaborative project with Dublin-based organisation BelongTo. Funded by the SHCPP, this manual is aimed at young gay and bisexual men and trans women, and details a range of information on sexual health and healthy relationships.

The Sexual Health Network ran a promotional campaign, funded by Healthy Ireland, on bus shelters and billboards across Cork city. This visual campaign received a significant amount of traction and highlighted to the Cork community the range of testing and support services available in the area of sexual health.

Board member of the Sexual Health Centre and Senior Law Lecturer in UCC, Dr. Louise Crowley, was the Principal Investigator for a research project on 'A gendered typology of university students' sexual health, wellbeing and sexual practices'. The Sexual Health Centre collaborated with Dr. Crowley on this project, with the Centre's Executive Director, Dr. Martin Davoren named as a Co-Principal Investigator.









POLICY INITIATIVES

The Sexual Health Centre collaborated on several initiatives aimed at advancing the area of sexual health and wellbeing, improving sexual education and promoting a culture of inclusivity and acceptance, particularly in relation to people living with HIV, people experiencing crisis pregnancy, adolescents, members of the LGBTQIA+ community and other marginalised groups.

International Centre for Parliamentary Studies | HIV AIDS European Roundtable Policy Dialogue

The Sexual Health Centre's Executive Director joined this roundtable with participants from across Europe, including NGOs representatives, policy advisors, doctors and researchers, national public health agencies and government representatives from all around Europe. A list of recommendations was produced for policy makers, governments and key stakeholders to support an EU-wide strategy towards the HIV and AIDS response.

The Health Information and Quality Authority (HIQA) Health Technology Assessment (HTA) of a Preexposure Prophylaxis (PrEP) programme

The Centre responded to the HIQA's assessment ahead of the introduction of PrEP for populations at substantial risk of sexual acquisition of HIV.

National Council for Curriculum and Assessment (NCCA) report on Relationships and Sexuality Education

A submission was made by the Sexual Health Centre to the NCCA during its review of RSE.

Drug And Alcohol Support

The Sexual Health Centre advocated for client assessments to include the area of sexual health and wellbeing. The Centre's submission led to the inclusion of sexual health in the initial case management assessment.

HIV Fast-Track Cities

The Sexual Health Centre was proud to be a co-signatory to Cork's membership of the HIV Fast Track Cities initiative. This global partnership joins almost 300 cities in collaboration with the Joint United Nations Programme on HIV/AIDS and the International Association of Providers of AIDS Care.



Fast-Track Cities: Catherine Kennedy and Martin Davoren (The Sexual Health Centre) with Government officials, Dr Jose Zuniga, HIV advocacy groups, HSE and local representatives. Pic: MAXWELLPHOTOGRAPHY.IE

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 Sexual Health Centre's Executive Director holds an Adjunct Lecturer post 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 and the Youth Health Service. The Centre's Executive Director is the Chairperson of the Network.



National Sexual Health Strategy

The Sexual Health Centre is represented in the communications subcommittee and the migrant subcommittee of the Department of Health's National Sexual Health Strategy 2015 - 2020. The Centre's Executive Director is on the Advisory Committee for the National Sexual Health Strategy.



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.



PARTNERSHIPS 4



Cork City Local Community Development Committee (LCDC)

The Centre Manager, Catherine Kennedy, was elected a community representative on the Cork City LCDC in January 2019.



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 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.



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.

CITY CENTRE CO-ORDINATING GROUP

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.



PARTNERSHIPS [{]



Gender Rebels

The Sexual Health Centre and Gender Rebels entered into a Memorandum of Understanding whereby monthly evening support groups were facilitated in the organisation's gender neutral space. This secured mutual referral pathways for clients of both Gender Rebels and also the Sexual Health Centre.

Gender Rebels Cork

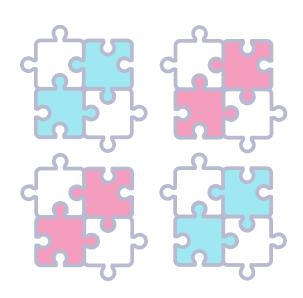
Sex Workers Alliance Ireland (SWAI)

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.



S.A.L.T

The Sexual Health Centre and the S.A.L.T Group entered into a Memorandum of Understanding to enable the facilitator, Donal Clifford, to hold group sessions in the Centre.





APRIL

RAPIDS at the Theatre

At this documentary theatre piece which depicted what it means to be living with HIV in Ireland, the Sexual Health Centre team set up an information stand to facilitate discussion and service promotion.

JUNE

Annual Gay Health Forum

The Executive Director, Dr. Martin Davoren, chaired the 11th Noel Walsh Memorial Presentations.

SEPTEMBER

Sexual Health Awareness & Guidance Week

Workshops were provided by the Sexual Health Centre team, focused on sexual health, STI awareness and prevention, consent and healthy relationships at CIT and UCC.

NOVEMBER

World AIDS Day Run

This national event was organised by the Sexual Health Centre in collaboration with HSE Sexual Health and Crisis Pregnancy Programme and parkrun.

HIV Galtee Suite Opening

The Sexual Health Centre team welcomed the opening of a new treatment suite at Cork University Hospital, including a PrEP clinic.

JANUARY

WellComm festival

The Sexual Health Centre team attended Healthy Ireland's 'Well Community' festival, promoting conversation about health and wellbeing,

Cork City LCDC Election

The Centre Manager, Catherine Kennedy, was elected a community representative on the Cork City Local Community Development Committee.

MAY

Cork LGBTI+ Awareness Week

The 9th LGBTI+ Awareness Week was celebrated by the Sexual Health Centre, as a proud member of the Cork LGBTI Inter-Agency group. The theme for 2019 was 'Allies for Inclusion.

AUGUST

Cork Pride

The Sexual Health Centre team were proud to participate in Cork Pride from 27th July - 4th August, and offered free rapid HIV testing throughout.

OCTOBER

Cork Mental Health Wellbeing Fest

An information stand for the Sexual Health Centre's services was hosted at this event in Cork City Hall, in collaboration with Connecting4Life.

DECEMBER

New Horizons Research Conference

The Sexual Health Centre made presentations at the 6th annual New Horizons Research Conference, sponsored by the UCC School of Medicine.

RESEARCH AND EVALUATION

Research and evaluation underpin the ethos and service delivery of the organisation.

The Executive Director was a member of the steering group for the following research report:

EMIS-2017 Ireland: Findings from the European men who have sex with men internet survey

Health Protection Surveillance Centre



The Centre's Executive Director, Dr. Martin Davoren, at the launch of the EMIS-2017 Ireland report.

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

A pre and post intervention study on the impact of a sexual health promotion programme on an individual's knowledge and behaviours

Ellie Carley

Exploring the healthcare experiences of transgender people in Ireland

Carla O' Connell



The perspectives of asylum seekers when accessing sexual health services in Cork and Kerry

Maisie Jones

Examining the barriers and facilitators to contraceptive healthcare in Cork city: Perspectives of healthcare workers

Sophia Egan

Knowledge and barriers to the use of long acting reversible contraception among women in Ireland: A cross sectional study

Melissa O'Neill

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

Aoife O'Sullivan, Ciarán Lynch (Chairperson), Elizabeth Murphy, Giles Reid (retired October 2019), Louise Crowley (Secretary), Meenakshi Uppal, Sheila Connolly (Treasurer) and Thomas Quigley.

Team

Antoinette Mc Carthy, Aoife Burke, Barrie Deehan, Brenda Crowley, Bronagh Power, Catherine Kennedy, Charles Neilson, Denis O'Mahony, Eimear Kelly, Evelyn Dickinson, Hilda Collins, Jessica Barrett, John Fleming, Kathleen Greaney, Lorraine Sisk, Mary Wilkins, Maria O'Leary, Martin Davoren, Michal Mazan, Nadia Reckmann, Niamh O'Connor, Phil Corcoran, Susan Walsh, Tony Lynch. The Sexual Health Centre would also like to thank its volunteers for their crucial contribution to its service provision.

Principle funders

Community Work Department, Cork Kerry Community Healthcare, HSE South (CHO4), The Department of Children and Youth Affairs via Cork Education and Training Board, Healthy Ireland via Pobal and Cork City Council, and The Sexual Health and Crisis Pregnancy Programme. We would like to further extend our sincere gratitude to the following organisations and individuals.

Eleanor Moore, Triona Healy and the team in the Community Work Department, Cork Kerry Community Healthcare, HSE South; Maeve O Brien, 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; Priscilla Lynch and the Health and Wellbeing team, Cork Kerry Community Healthcare, HSE South; Tony Power, Rebecca Loughry and the Social Inclusion team in Cork City Council; The Lord Mayor and Lady Mayoress; Professor Mary Horgan; Danny Quealey and the staff at the STI/GUM Clinic, Cork; Dr. Arthur Jackson, Dr. Corinna Sadlier, Dr. Gabriella Rizzo, Liz Murphy and Jacinta Joyce (HIV liaison nurses) and the Infectious Diseases team at CUH; Maire O'Leary and the HSE Health Promotion and Improvement team; Cork Kerry Community Healthcare; Sharon Parkinson, Denise Cahill and the team in Health Promotion & Improvement Dept.. HSE South; the Youth Health Service (YHS); Augustine Pereira and the staff of the Department of Public Health, HSE South; Moninne Griffith and the BelongTo team; Dr. Aidan Horan and the Arbour House team; Dr. Anna Marie Naughton and the staff at The Simon Community; GOSHH; Sexual Health West; HIV Ireland; ACET; Siobhan O'Dea and the staff at the Gay Men's Health Service; Student Health Services UCC; the staff at the School of Public Health, UCC; the HSE Drugs/HIV Helpline; the Cork Gay Project; Lesbians in Cork (LINC); the Cork Sexual Assault Treatment Unit (SATU); the Sexual Violence Centre Cork; Cork Local Drug and Alcohol Task Force; Chrysalis Community Drug Project; Cork City Public Participation Network (PPN); Cork disability services; Sex Workers Alliance Ireland (SWAI); the Traveller Visbility Group (TVG); Cork Penny Dinners; Concern Worldwide Global Health and HIV & AIDS Programmes; Chambers Bar; the Loft; and MAC Cosmetics staff at Brown Thomas Cork.



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Registered Charity: CHY 19919 | Company Registration number: 130615

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- www.instagram.com/shc_cork/
- www.twitter.com/SHC_Cork
- in www.linkedin.com/company/the-sexual-health-centre/