



THOUGHT SOLUTIONS

A little bit of - 4 Thought Solutions - can go a long way



SEXUAL HEALTH NEWSLETTER

Welcome to the April edition of 4 Thought Solutions Newsletter. The objective of this newsletter is to provide short abstracts from larger articles about what is going on in the field of sexual health and contraception. We will accept short articles or information on events for advertising giving you the opportunity to share with others what you are doing.

Hope you all enjoyed the May bank holiday. We are taking a trip out to Canada this month, where we will be linking up with colleagues and friends to take a look at HIV; Child Slavery and Prostitution issues (will also be taking in the sights of Toronto and Montreal via small aircraft, coach, car and sailboat, next months newsletter may be a little late).

Men's Health Week 14th - 20th June This month there are a number of events taking place to mark Men's Health Week 14th - 20th June. This annual focus on Men's Health just happens to coincide with the start of the early stages of the World Cup in South Africa. Will it encourage men to get fitter as they watch TV? The Men's Health Forum is taking a positive spin on this issue, as this year the theme is - **Up and Running: Improving the health of men and boys through physical activity and sport.** Check out <http://www.menshealthforum.org.uk/node/19590> 'A Question of Health' Venue: West Ham Football Club, Upton Park **Date:** Monday 14 June **Time:** 4.00 to 6.00pm to register for this event go to <http://www.menshealthforum.org.uk/content/mens-health-week-launch-event-question-health-registration>

In the USA June is designated as Men's Health Month, with an emphasis on this coming week. Visit their library for resource, the home page lists ideas for events or table top displays. <http://www.menshealthmonth.org>

Men's Health Forum Scotland (MHFS) 10k for Men 2010 - MHFS will be organising the 5th 10k for Men which takes place on father's day every year (20th June 2010). This provides a major focus for NMHW and brings together men from across Scotland and beyond and we hope that this will be a major annual date for both men's health and running in Scotland. For more information go to: www.mhfs10kformen.org

In Australia there has already been several events held go to <http://www.menshealthweek.com.au/event-listing.php> to see what they have lined up next.

The Australian government has published its men's health policy document: Building on the Strengths of Australian Males. Prime Minister Kevin Rudd launched the document last month at a shed in Melbourne. 'Blokes are pretty hopeless when it comes to deal with their own health,' he told Australian Associated Press. His government is making an initial investment of \$16.7 million to assist in addressing male health challenges. Why a shed? The Australian Men's Shed Association offers an updated version of the shed in the backyard that has long been a part of Australian culture - a place where men can talk. [http://www.emhf.org/index.cfm/item_id/739/CFID=6201068&CFTOKEN=51537155&jsessionid=e4304da44481\\$CB\\$E1\\$0/](http://www.emhf.org/index.cfm/item_id/739/CFID=6201068&CFTOKEN=51537155&jsessionid=e4304da44481CBE1$0/)

The European parliament has backed a commission proposal to set up a European Partnership for Action Against Cancer. The resolution drafted by Slovenian MEP Alojz Peterle, right, and adopted by show of hands, will provide for a partnership for the period 2009-2013 to support member states' efforts to tackle cancer. All member states are urged to set up integrated cancer plans, to help achieve the partnership's long-term aim of reducing cancer by 15% by 2020. It is hoped that particular efforts will be directed towards the new member states.

[http://www.emhf.org/index.cfm/item_id/743/CFID=6201068&CFTOKEN=51537155&jsessionid=e4304da44481\\$CB\\$E1\\$0/](http://www.emhf.org/index.cfm/item_id/743/CFID=6201068&CFTOKEN=51537155&jsessionid=e4304da44481CBE1$0/)



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Rhode Island's marriage activists look to 2011 (by Joe Siegel) - With the current legislative session winding down, same-sex couples hoping to wed in Rhode Island will have to wait at least another year because the state Assembly has no plans to vote on a bill that would legalize marriage for gays and lesbians. <http://www.edgeboston.com/index.php?ch=news&sc=&sc2=news&sc3=&id=106331>

On the 25th May Britain will air its first TV advert for abortion services, a sexual health company said on Thursday 20th May, sparking a furious response from pro-life groups. Marie Stopes International, which runs clinics across the country, said the ads for advice on unplanned pregnancy and abortion would provide much-needed information on where to turn for help. The campaign, which airs for the first time Monday on Channel 4 television and runs until the end of June, asks viewers "Are you late?" in reference to a woman who has missed her period.

http://uk.news.yahoo.com/18/20100520/thl-britain-to-screen-first-tv-ads-for-a-389ddcb_1.html



The number of abortions in England and Wales fell by 3.2 percent in 2009, with a lower rate of abortions recorded across all age groups, the Department of Health (DoH). The statistics follow the first screening on British TV on Monday the 24th May of an advert offering abortion advisory services, which provoked opposition from anti-abortionists and religious groups. The DoH said the total number of abortions had fallen to 189,100 last year, down from 195,296 in 2008. Just over 2,000 of those were carried out under the risk that a child would be born handicapped, it added. The abortion rate was highest for women aged 19 to 21 years old, at 33 per 1,000 women. This compared with 4 per thousand among under 16s and 17.6 among under 18s. The rate was lower across all age groups than in 2008.

<http://uk.reuters.com/article/idUKTRE64O47P20100525>

Draft guidance regarding Emergency Contraception (EC) was announced just hours after the UK's first TV commercial for abortion services was screened. Young women should be given access to the morning-after pill to keep at home in case they need it, a watchdog has said. Pharmacies in particular are being targeted as places where the under-25s can get EC in advance, according to the National Institute for Health and Clinical Excellence (Nice), which published the guidelines. It is the first time Nice has called for such a move as part of a bid to improve access to all types of contraception. It said young men and women should also be able to access contraception, including condoms "in a range of types and sizes", at convenient locations, such as schools and youth clubs. <http://uk.news.yahoo.com/21/20100525/thl-call-for-morning-after-pill-access-d831572.html>

Teenagers not getting enough sex-education: report by: (Jen Skerritt 02.06.2010) Health providers flagged the lack of consistent sex education in Winnipeg schools as one of the potential reasons gonorrhoea and chlamydia spreads among youth at alarmingly high rates. A recent Winnipeg Regional Health Authority report (June 2009) obtained through a freedom of information request found there is "no consistent" education about sexually transmitted infections (STIs) in Winnipeg schools. The report named discrepancies in school-based sex-education as one of several gaps that could affect the spread of STIs among youth age 15 to 24 - the group reporting the bulk of chlamydia and gonorrhoea infections in Manitoba. The report recommended Winnipeg schools adopt a uniform approach to sex education and that teen clinics be incorporated in every school, since youth are hesitant to access care for STIs out of fear someone might find out. Earlier this year, education officials told the *Free Press* there are no gaps in the province's sex-ed program and "the prime responsibility of issues of sexuality rest with the family."

<http://www.winnipegfreepress.com/local/youth-stis-spread-at-alarming-rates-95395164.html> For key data about young people in England in relation to sex, relationships and sexual health http://www.ncb.org.uk/sef/evidence/data_and_statistics.aspx

CHIVA are running a summer camp for HIV positive young people. Place are going to be given to young people who are:

- Aged between 13 and 17 years on the 15th August 2010
- HIV positive and fully aware of their diagnosis
- Living in the UK or Ireland
- Able to attend from the 16th – 19th August 2010



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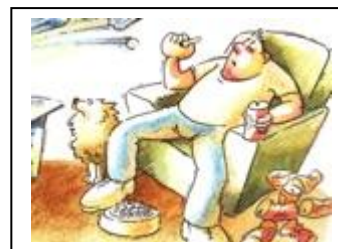
- Willing to travel to West Sussex (we can help with this)

Young people can apply for their own place in the form below, or someone can do it for them. If you know a young person who will be 18 or over on the 15th August and is HIV positive, they can apply to be [a camp leader](#). We will close the first wave of applications on June 30th 2010.

<http://www.chiva.org.uk/summercamp/referral>

Resources

It's 'A Question of Health'. The central resource to help you in your work for Men's Health Week is the latest in our popular line of mini-manuals. A Question of Health will provide a practical step-by-step guide for men to get them moving and playing sport. <http://www.menshealthforum.org.uk/mens-health-week-2010-resource-pack/21188-nmhw-2010-resources-question-health-mini-manual>



Youth Sites - CHIVA are developing TWO different youth sites. One is for HIV+ young people that can only be accessed with a log-in and password (going live Autumn 2010). The other is a site for everyone, which will be designed by young people and have information about what it's like to live with HIV or live with someone who has HIV (going live January 2012). Want to get involved? CHIVA are running lots of different activities, including residential, to make sure young people are involved in designing these two sites. For more information email getinvolved@chiva.org.uk and they can tell you what's happening.

Book - New memoir highlights non-biological motherhood - Amie Klemphauer Miller and her partner Jane, "fully endowed with the lesbian love of process," spent 10 of their first 18 years together talking about whether to become parents. Once they did, they spent another two years trying to get Miller pregnant before they decided that Jane might have better luck. She did, setting Miller on her own quest to discover what it means to be a non-biological lesbian mother. Miller chronicles that journey in "She Looks Just Like You: A Memoir of (Non-biological Lesbian) Parenthood" (Beacon, 2010), a warm, insightful, and gently humorous addition to the small number of memoirs about LGBT families. *This book can be found on Amazon*

<http://www.baywindows.com/index.php?ch=columnists&sc=mombian&id=105635>



Article - Empowering PAs to ask female patients about their sexual health - The increased emphasis on male sexual health over the past decade has resulted in patients' understanding that healthy sexual function improves self-image and increases their motivation to adopt and maintain a healthier lifestyle. This focus on male sexual function/dysfunction has also increased the demand for clinician and patient education on female sexual dysfunction (FSD). However, a national dialogue with women on sexual health appears to be lacking,¹ even though studies show that patients want to discuss this important part of their lives.² FSD has not been incorporated into most of today's medical and nursing education curricula; therefore, clinicians will rarely initiate a discussion on these topics when seeing a patient in the office and/or clinic. <http://www.jaapa.com/empowering-pas-to-ask-female-patients-about-their-sexual-health/article/171462/>



Forthcoming Events

If you are interested in forthcoming conferences around the world subscribe to <http://www.conferencealerts.com/> Fancy a visit to Canada then head out this month to Ontario for the Guelph Sexuality Conference then in October to the Australasian conference.

June 21st – 23rd The Guelph Sexuality Conference is recognized as Canada's leading, annual, training and education forum for sexual health professions. <http://sexconf.open.uoguelph.ca/>

Communication & Sexual Health: More than Words 
32nd Annual Guelph Sexuality Conference 2010

October 20th – 21st - Gaycon 2010 - Gay Men's Sexual Health and Wellbeing Royal College of Physicians, Edinburgh a national conference for anyone working in the area of gay and bisexual men's sexual health, visit www.gaycon.org for more information.



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October 28th – 29th the 7th World Congress on Men's Health - Men's Health: How to overcome the challenges <http://www.ismh.org/en/mens-health-world-congress/>

November - Tuesday the 9th - Third Annual Conference – Nurse Clinic 2010 The premier conference and exhibition for nurses running effective clinics and services National Motorcycle Museum, Birmingham. For further information contact Keren Roberts on 020 8541 1399 or email keren.roberts@healthcare-events.co.uk

Previously Listed Events

June - 29-30th June 2010 - 12th Annual Conference of the National HIV Nurses Association (NHIVNA), De Vere Grand Hotel, Brighton <http://www.nhivna.org/events/12th/docs/12thannual.pdf>

June 29th Children & Young People Now's 5th Annual Safeguarding Children Conference, A One-Day Conference, , The Ibis, Earl's Court, London. <http://baspcan.org.uk/events.php>

September 23rd Sex and the Law - Criminalisation? Protection? Rights? HIV Centre for HIV & Sexual Health, Sheffield. admin@chiv.nhs.uk Tel 0114 226 1902

October Saturday 2nd - The GUNA Autumn Clinical Meeting will be held in Durham.



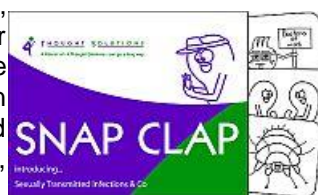
October 18 – 20th - The 2010 The Australasian HIV/AIDS Conference 2010 (22nd Annual Conference for the Australasian Society for HIV Medicine), will be held back-to-back with the **Australasian Sexual Health Conference**. <http://www.sexualhealthconference.com.au/>

Training

A new BSc (Hons)/Dip HE Sexual Health Studies degree course commences in September 2010 "This course has been created for people with an interest in sexual health and who don't want to take the standard clinical approach". For more information contact Debbie Wisby dawisby@uclan.ac.uk

Sexual health skills e-learning Diploma/Degree course "This unique and unparalleled sexual health skills course was originally owned by the Royal College of Nursing and credit rated by the University of Greenwich. After three years of amazing success, it continues with RCN approval, but is now redeveloped for e-learning provision, owned by, and managed through, the University of Greenwich. - **Location:** World wide web / internet sexualhealthskills@gre.ac.uk Tel: 020 8331 8692 (from outside UK: ++44 20 8331 8692) www.gre.ac.uk/schools/health. As an ex RCN facilitator for these courses, it is one I would recommend and so convenient now it is on line.

4 Thought Solutions Ltd provides training programmes ranging from, workshops, single days or tiered programmes. So please contact us to discuss your organisations sexual health training needs info@4thoughtsolutions.co.uk We are expanding our product range. The images from the Snap Clap game have been reproduced on Mugs. These mugs are an easy way to introduce sexually shared infections. Snap Clap a fun and versatile resource suitable for training workshops, educational settings, with a range of professional and non-professional groups. Check out the website for more information <http://www.4thoughtsolutions.co.uk/pr.html>



This newsletter is for you if you have any questions, research or audits you would like assistance with or if you would like to contribute news items, event listings, vacant positions, items of interest then please email any contributions directly to the editor at info@4thoughtsolutions.co.uk

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