

Dear colleagues,

We wanted to let you know that the Healthy Respect team are still working, remotely and able to support staff with young people's sexual health needs.

The team are still available via their individual emails or via the team email at [healthy.respect@nhslothian.scot.nhs.uk](mailto:healthy.respect@nhslothian.scot.nhs.uk).

It may take us a little longer to get back to you as some of the team have been redirected to support the response to Covid 19.

All urgent enquiries can be called into Yvonne's work mobile phone **07980 961923**. Leanne is updating information on our twitter account regularly so please follow us [@healthy\\_respect](https://twitter.com/healthy_respect) if you don't already, as this is the quickest way to get the most up to date information out to people.

### **Chalmers Centre – Main Healthy Respect + provision**

Chalmers Centre have now stopped all non-urgent STI work including all low-risk STI testing in response to COVID-19. However we recognise that sexual health needs will continue to present both in those who are well and in those who have symptoms or are household contacts, so need to self-isolate. The team at Chalmers Centre are currently:

- continuing to provide care for urgent problems including medical abortion, symptomatic STI and conditions that are painful via an all-triage service. We will not be directing patients to any other service.
- continuing to provide routine HIV care, long acting contraception and PrEP supplies, with significant changes to delivery to minimise face-to-face contact.
- All other non-urgent services will be discontinued. GP referrals will be triaged and only urgent cases will be seen.  
All other referrals will be deferred for 3 months. All low-risk STI testing at all clinics are discontinued.
- Medical Abortion under 12 weeks now has agreement for both stages of the treatment to be given as home treatment. Women under 16 years will need to speak to a member of staff for more information and advice and at the time of writing will still need to come into Chalmers Centre to be seen.

There is currently no drop-in services running at Chalmers Centre or Howden Medical Centre. All services offered via Howden Medical Centre are now cancelled. The staff are still able to provide urgent appointments but the majority of the consultations are currently taking place via a telephone call back system.

**If you are supporting a young person in crisis you are able to call and ask for a call back in urgent cases. The clinical staff at Chalmers Centre do want to stress that they are still currently available to help those who need support and advice firstly by a telephone call back on 0131 536 1070. When calling you will be booked in for a call back with a member of the team.**

All Healthy Respect drop-ins in the community are closed with no telephone triage system available. If you have a general question regarding these services, Steff is still your main contact at [steff.kaye@nhslothian.scot.nhs.uk](mailto:steff.kaye@nhslothian.scot.nhs.uk)

The main source of information for sexual health services is the website at [www.lothiansexualhealth.scot.nhs.uk](http://www.lothiansexualhealth.scot.nhs.uk). Please direct patients with sexual health queries to our website, or to the Chalmers phone line 0131 536 1070.

**Condoms by post**

**All c:card points are closed.** Condoms by post are still available at the time of writing by visiting [www.ccard.org.uk/free-condoms-by-post](http://www.ccard.org.uk/free-condoms-by-post). There may be a longer wait on the postage but a reminder that this service is available for all ages and we are particularly keen to encourage condom use when standard STI testing is not available, including Postal Testing Kits for Chlamydia and Gonorrhoea.

### **Our partners – Youth Services**

The majority of youth services are supporting existing young people via digital youth work. We include information for the agencies we have information on, but we are very happy to provide a weekly update for all partners who wish to inform the network of what is available for young people – **please just email Leanne on [Leanne.hughes@nhslothian.scot.nhs.uk](mailto:Leanne.hughes@nhslothian.scot.nhs.uk) if you want us to provide info to the network at this time. We are re-tweeting information from services daily.**

### **Health Opportunities Team**

Direct contact has stopped until at least 20<sup>th</sup> April and services will close completely during the Easter holidays. The team continue to offer 1-2-1 support to young people via phone, email and skype, including during drop-in times Their drop-ins are Wednesday 4pm-8pm Thursday 3:45pm-6pm. The team are available via email [getsupport@health-opportunities.org.uk](mailto:getsupport@health-opportunities.org.uk) or phone: 0131 468 460

### **Crew**

[www.crew.scot/services-covid19/](http://www.crew.scot/services-covid19/)

Please see the website for full service information.

### **LGBT Youth:**

[www.lgbtyouth.org.uk/our-services-for-young-people/](http://www.lgbtyouth.org.uk/our-services-for-young-people/)

Staff are in touch with all of the current young people accessing their services. The team are providing 1-2-1 support via text, phone, email, facebook etc and will provide virtual youth groups on line, – so young people can still be signposted to the service. National digital youth worker also available Mon, Wed , Thurs eves, 6-8pm

[info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk) and [www.lgbtyouth.org.uk/](http://www.lgbtyouth.org.uk/)

### **LGBT Health and Wellbeing:**

[www.lgbthealth.org.uk/coronavirus-update/](http://www.lgbthealth.org.uk/coronavirus-update/)

The services' counselling service will be run remotely and they will use digital platforms to deliver other core work. They have increased their helpline opening hours by an extra day (thurs 12-6, phones only). They are looking to set up a tele friending service which will involve a small team proactively making contact with more isolated community members over the coming months – is aimed at adults only.

### **Waverley Care/Sx**

[www.hiv.scot/coronavirus](http://www.hiv.scot/coronavirus) - HIV Scotland site (developed with partners) to provide specific info on HIV, PrEP, cv and sex.

### **MYPAS (Mid and East Lothian):**

[www.mypas.co.uk](http://www.mypas.co.uk) – access site for latest updates

All face to face work cancelled. Will offer support via phone, text, email or online. All young people currently accessing MYPAS will be contacted and offered continued support. They will also continue to take referrals for all their services.

### **6VT**

[www.6vt.info](http://www.6vt.info)

6VT staff are working remotely – supporting young people via messenger, email ([contact@6vt.info](mailto:contact@6vt.info)), facebook, twitter, instagram or the contact them on their website. The service have a virtual online drop ins for young people aged 13-21 every Mon, Wed and Fri at 7pm

### **The Junction**

<https://the-junction.org/>

All drop-ins are cancelled but individual workers will be in touch with young people they are working with.

### **The Citadel**

<https://citadelyouthcentre.org.uk/>

The Citadel will be offering digital groups and support instead of operating out of the centre. Please check the Citadel Youth Centre facebook page and twitter @CitadelYCLeith for detail of how to join the group you attend digitally.

### **Pilton Youth and Children's Project (PYCP)**

<https://pypc.co.uk/>

The team are not offering direct service but are in touch with their service users via their facebook page.

### **Wester Hailes Youth Agency**

<https://youthagency.co.uk/>

The Youth Agency are still offering 1 to 1 support to any young person they work with.E: [info@youthagency.co.uk](mailto:info@youthagency.co.uk) Facebook: WesterHailes YouthAgency, Twitter: @WHYouthAgency

### **Useful Websites for wider support**

PAS – [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org) @ScotParents

CEOP – [www.ceop.police.uk](http://www.ceop.police.uk) @CEOPUK who have launched #onlinesafetyathome Signposting for young people who are feeling overwhelmed with increase in social media access and been online with peers - conflict, bullying, sexting; and risk of increase in use of online porn sites and if they or someone they know need some extra support. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk); [www.stopitnow.org.uk](http://www.stopitnow.org.uk) @StopItNowUK

We hope all our network members are keeping well and strong and if we as a team can help at this time, please do contact us individually or via the team email or via a DM on our twitter account.

If you would like us to send out information on your behalf, please do let us know.

With very best wishes

Leanne

On behalf of the Healthy Respect Team.