

## theme 2

### finding out about local and national services

#### Learning intention:

To increase awareness and understanding of local and national sexual health services

#### Learning outcomes:

- To know how to access reliable sources of information around sexual health
- To know where local clinics and services are situated
- To be able to critically assess information sources and evaluate their usefulness to young people

#### Resources:

1. Pens and paper
2. White board or flip chart
3. Copies of the Somerset Sex Directory may be ordered [here](#) (*it is preferable to have printed copies of the published credit-card sized document, which can then be given to any young people wanting to keep a copy*) or are available electronically on line (downloadable/printable) from [here](#) (2008 issue attached as an [appendix](#) (9 pages) - please check that the information is current)
4. Local town maps or access to internet mapping (e.g. [www.multimap.com](http://www.multimap.com) or [www.maps.google.co.uk](http://www.maps.google.co.uk))
5. Pupil access to websites (it would be worth checking that they are not blocked by the school filters in advance, and arranging for access to be made available):
  - [www.somersetcsh.co.uk](http://www.somersetcsh.co.uk)
  - [www.somersetc-card.org.uk](http://www.somersetc-card.org.uk)
  - [www.ruthinking.co.uk](http://www.ruthinking.co.uk)
  - [www.likeitis.org.uk](http://www.likeitis.org.uk)
  - [www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)
  - [www.connexions-somerset.org.uk/health](http://www.connexions-somerset.org.uk/health)

#### Printing/photocopying:

1. One printed copy of this pdf document
2. One copy of the [warm up exercise sheet](#)
3. Print/photocopy enough copies of the [services worksheets](#) (a, b & c) for one per group
4. Print/photocopy enough copies of the [website](#) sheet for each group (as above)
5. Print/photocopy enough copies of the page of the [sex directory](#) relevant to your area for one per group (as above). N.B if you have obtained copies of the Sex Directory this sheet will not be needed
6. Print/photocopy enough copies of the [scenarios sheet](#) for one per pair
7. Print/photocopy enough copies of the [evaluation sheet](#) for one each

## theme 2

### theme overview

The following list represents the suggested learning pathway for this theme - it may be delivered in one or more lessons. The activities in this theme are an extension of theme 1 learning and may be used directly following on from them.

**Working agreement/ground rules:** remind the class of their agreed ground rules from the first session.

**Introduction:** explain to the group that the aim of the session is for them to find out about sexual health services for young people who live in Somerset and to produce a small guide. They will do this by locating and mapping these services, finding out what is available where, and by investigating some local and national websites.

1. [Warm up activity](#) - read out the quiz as described on the sheet
2. [Investigating what's available in Somerset and nationally](#)
3. [Scenarios](#)
4. [Feedback/evaluation](#)

## theme 2 activity 1

### warm up activity

### *is that a (Somerset) fact?*

Explain to the class that this is a fun quick-fire quiz - you are going to present them with a series of 'facts' or alternative estimates - and they are going to decide which they think is accurate. Everyone should be standing when each statement is read out, and either sit or remain standing to indicate their answer. Emphasise that this is a fun exercise and they cannot be expected to know all the answers, but they should keep a tally as there will be a chance to see who got the most correct answers at the end. (*Correct answers are in the shaded boxes.*)

		STAND	SIT
1	Between April and December 2008, how many free condoms were distributed to young people by the Somerset c-card scheme - more or fewer than 20,000? <i>The correct number is 25,000.</i>	More	Fewer
2	5% of sexually active young people in Somerset are infected with Chlamydia? <i>The correct percentage is 10.</i>	False	True
3	There are more independent cider producers in Somerset than there are methods of contraception. <i>True, there are approximately 30 cider producers and approx 12 methods of contraception.</i>	False	True
4	How many locations are there around Somerset where young people can go to get free condoms? More or fewer than 100?	Fewer	More
5	What was invented first - condoms or Cheddar cheese? <i>The Egyptians used condoms in the 1st century BC; Cheddar Cheese was produced in the 12th century AD.</i>	Condom	Cheese
6	On average there are 600 times more sperm in a single ejaculation than there are people living in Somerset. <i>There are approx ½million people living in Somerset, and up to 300 million sperm in one ejaculation.</i>	False	True
7	The Glastonbury Festival has been around longer than the contraceptive pill. <i>The first Glastonbury Festival took place in 1970, the pill was invented in 1951 and became available from the NHS in the UK in 1961.</i>	True	False
8	Young people living in Somerset are less likely than the national average to have an unplanned pregnancy whilst still in their teens.	True	False

Ask the class to stand and, starting with 'none' get them to sit down as you call out the number of correct answers they guessed... ask the whole class to applaud the group left standing at the end.

## theme 2 activity 2

### investigating what's available in Somerset and nationally & creating an information resource for young people in our school

(Access to the internet is required for this activity)

Provide each group with: access to the internet; the Somerset Sex Directory (or a copy of the page relevant to local services); the website sheet and a worksheet.

Explain that, working in small groups of 3 or 4, you would like pupils to investigate sexual health services both locally and nationally. Randomly assign groups to each of the three activities (a, b & c below) and give them the appropriate worksheet and resources/access to websites. Explain that these worksheets will be shared with other groups so that at the end of the lesson everyone should have some helpful information about where they can go for help, what help is available, and where they can look for more information. This information will then be used to produce an information resource (booklet/poster etc.) for their peers.

- a) [Locating/mapping local services activity](#) - "What's available in my neighbourhood?"
- b) [Services available at local clinics activity](#) - "Where can I get....?"
- c) [Website activity](#) - 'Website Critic'

#### Process the activities

- Ask the groups to feedback their investigations to the whole class.
- Ask the pupils to come up with ideas of other people/places/services/helplines that they might find helpful – should they be added to the resource?
- Ask the pupils to discuss and decide how they would like this information to be shared (for example, all the worksheets put into a booklet that they can share and have access to).
- Decide how they will achieve this and agree who will do it and when.
- Ask the pupils to discuss why knowing about these services, even if they don't themselves need them now, might be important?



## theme 2 activity 2

### a) locating/mapping local services

#### GROUP 1

#### **“What’s available in my neighbourhood?”**

Using the **Somerset Sex Directory** or **somersetcsh website**, find the *nearest* clinic/service to your school where young people can get help, information or treatment about their sexual health.

Which local clinic or service did you find?

Where is it?

**Using maps or the internet**, work out how you could describe to a friend where it is and how to get there. Print or draw them a map with directions showing how to get there from school. Can they walk, do they need to get a bus? If they need to get a bus, can you find out which bus it is?

When is it open (which days)?

What time(s) is it open?

Does it have the “Respect” award?



## theme 2 activity 2

### b) services available at local clinics

#### GROUP 2

#### “Where can I get....?”

Using one or two of the suggested websites, find a service in your area where young people can get help, advice or information with each of the following:

	Write down the address, the telephone number, and when it is open, including times...
Free condoms?	
Free Chlamydia test?	
Free pregnancy test?	
Free contraception?	
Free emergency contraception?	
Free STI tests?	
Free advice, support and information about sexual health?	
Free advice, support and information for gay/lesbian sexual health?	

## theme 2 activity 2

### c) website critic

#### GROUP 3

Look at the websites on the list you have been given and write a report for your friends about how helpful, interesting, friendly, informative, they are. You should be prepared to give them a recommendation based on your investigations.

Which website did you find the most user friendly and why?	
Where did you find the most interesting information?	
How many helpline numbers did you find – list them in the box and say what they offer – are they free phone?	
Are there things you still want to know more about? What isn't covered very well on these websites?	
Which website would you recommend as the most useful?	
Which website would you say was the least user friendly or useful?	

## websites to check out:

# Free Contraception & Sexual Health Services for young women & men in Somerset

Home Local Services C-Card Chlamydia Other STIs Pregnant? Looking After Yourself Sexual Identity Links



**C&SH**  
Welcome to the c&sh website that is especially for young people in Somerset.

We aim to ensure that you are able to find out the information you need as simply as possible, whether it is an emergency or you are just browsing.

Please let us know if you feel we need to make any changes to this website by clicking on the 'Can't find what you want' button below.

If you have not received the service you needed from any sexual health services in Somerset then please get in touch with the PALS service. They aim to help sort out any problems or concerns you may have when using health services. Email: [pals@somersetpct.nhs.uk](mailto:pals@somersetpct.nhs.uk)

Check out the first ever mobile drama for young people called thmbls. You can download the drama for free at [www.thmbls.co.uk](http://www.thmbls.co.uk)

Can't find what you want? [click here](#)

Designed by The Paper Crane Built by Somerset Design

**C&SH** NHS

For this lesson, please look at the following websites:

[www.somersetcsh.co.uk](http://www.somersetcsh.co.uk)

[www.ruthinking.co.uk](http://www.ruthinking.co.uk)

[www.somersetc-card.org.uk](http://www.somersetc-card.org.uk)

[www.likeitis.org.uk](http://www.likeitis.org.uk)

[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)

[www.connexions-somerset.org.uk/health](http://www.connexions-somerset.org.uk/health)

[www.2bu-somerset.co.uk](http://www.2bu-somerset.co.uk)

## theme 2 activity 3

### Scenarios

Divide the class into pairs and give them the [scenarios sheet](#) to discuss—ask them to work through as many as they can in the time allowed.

Work through each scenario encouraging feedback (using the [discussion sheet](#) for guidance).

## theme 2 activity 3

### scenarios worksheet

<p>Your friend has decided to start having sex with a new partner - they haven't had sex before. Would you advise them to visit a clinic? Why?</p>	<p>It's the weekend and none of the local young people's clinics are open, you and your partner had sex the night before and the condom broke. What do you do now?</p>
<p>Your friend says that she has been told that her mum's friend works at the local clinic - she wants to get a C-Card but she's convinced her mum's friend will let something slip - what would you advise?</p>	<p>Your 15 year old friend tells you that her older brother has told her that a doctor will refuse to give her the pill because she is under age. He's told her she will be breaking the law too, so she'd better watch out. What advice would you give her?</p>
<p>You want to visit a clinic to get some condoms but none of them are open at times that you can get to them. You will need a lift off your parents. What can you do?</p>	<p>Your friend tells you that he thinks he can't go to sexual health clinics because they only see people who are straight. He's not interested in the opposite sex and thinks he may be gay. What advice would you give him?</p>
<p>Your friend is worried because it's stinging when he goes to the loo. However, there is a rumour going around that if you go to a clinic they tell people if you have got an infection. He's convinced it will get better, and really he'd rather not risk everyone finding out. What would you advise?</p>	<p>Your friend has heard that the tests they do at clinics are really painful and embarrassing. He hasn't had sex yet, but he doesn't want to go to a clinic for contraception because he's convinced he won't get out of there without someone examining him. What do you advise?</p>

## theme 2 activity 3

### scenarios - discussion points (not for handout)

<p><i>Your friend has decided to start having sex with a new partner - they haven't had sex before. Would you advise them to visit a clinic? Why?</i></p> <p><b>It's best to go BEFORE you start to have sex for support, advice and to get contraception.</b></p>	<p><i>It's the weekend and none of the local young people's clinics are open, you and your partner had sex the night before and the condom broke. What do you do now?</i></p> <p>Hospitals (A&amp;Es, MIUs) &amp; pharmacies can provide <b>emergency contraception</b>. Taunton CSH is open on Saturday mornings. They should visit a clinic later to check for STIs (not as urgent).</p>
<p><i>Your friend says that she has been told that her mum's friend works at the local clinic - she wants to get a C-Card but she's convinced her mum's friend will let something slip - what would you advise?</i></p> <p><b>Everyone who works at clinics recognises the importance of confidentiality and MUST adhere to it (it's in their contract - they could lose their job). An alternative would be to go to another clinic if available locally.</b></p>	<p><i>Your 15 year old friend tells you that her older brother has told her that a doctor will refuse to give her the pill because she is under age. He's told her she will be breaking the law too, so she'd better watch out. What advice would you give her?</i></p> <p>Reassure her that her brother is wrong, however, is her brother trying to protect her? (If so, why? Who is her partner - is she thinking of having sex because she's ready... or is she being pushed?).</p>
<p><i>You want to visit a clinic to get some condoms but none of them are open at times that you can get to them. You will need a lift off your parents. What can you do?</i></p> <p><b>Can you discuss it with your parents? They might be supportive that you are being mature and behaving responsibly. If not, perhaps find another clinic (web search, or... find an excuse to go for another reason?)</b></p>	<p><i>Your friend tells you that he thinks he can't go to sexual health clinics because they only see people who are straight. He's not interested in the opposite sex and thinks he may be gay. What advice would you give him?</i></p> <p>Reassure him that clinics are open to all - regardless of sexuality. Advise to contact 2BU.</p>
<p><i>Your friend is worried because it's stinging when he goes to the loo. However, there is a rumour going around that if you go to a clinic they tell people if you have got an infection. He's convinced it will get better, and really he'd rather not risk everyone finding out. What would you advise?</i></p> <p><b>Problems don't go away if you ignore them. Confidentiality means that clinics won't tell anyone anything unless he allows them to. He could use false details—it's important to get checked out.</b></p>	<p><i>Your friend has heard that the tests they do at clinics are really painful and embarrassing. He hasn't had sex yet, but he doesn't want to go to a clinic for contraception because he's convinced he won't get out of there without someone examining him. What do you advise?</i></p> <p>Reassure him that they don't do tests unless they need to and he gives his permission. They are unlikely to want to test him for an STI if he hasn't had sex. They will give contraception without tests. The tests are not painful, just uncomfortable and often only a urine sample is needed.</p>

## theme 2 activity 4

### feedback/evaluation

Please complete the following sentences:

I think the three most important things I have learnt about are:

1

2

3

The part I found most useful was...

The part I found least useful was...

To improve this lesson you should...

I would like to know more about...

## theme 2

### alternative and/or additional lessons and resources

#### Clinic visit or outside speaker visit

It may be possible to arrange for a group of students to visit a local sexual health clinic. If you are able to organise a student visit, ask the whole class to think of some questions that the students who visit can take with them to ask on their behalf. The group who visit should then be asked to report back to the group as a whole about the visit and to answer any questions raised.

Alternatively, it may be possible to arrange a visit from an outside speaker to visit the school and talk to the class about their service. Asking an outside speaker, such as a member of clinic staff, or your school nurse/health advisor, to participate in a role play situation, in which pupils act out visiting a clinic with the professional, can be particularly effective.

#### Lesson plans and activities

1. Christopher Winter Project Year 10, Lesson 3, Accessing sexual health services
2. Brook Protect Yourself!, Lesson 8 “Getting Help” pages 140-154
3. Hyp Hop Workshop manual: Part 7, Exercise 2: Contraceptive and sexual health services, pages 75-78.

#### Resources

##### FPA leaflets:

[Your sexual health: where to go for help and advice](#)

## Somerset sex directory

### GUM CLINICS (Appointment only)

#### **Musgrove Park Hospital**

Taunton

Appointments Mondays to Saturdays

Tel: 01823 252222 / 342623

Health Adviser: Tel: 01823 332182



#### **Bridgwater Hospital**

Outpatients Department

4<sup>th</sup> Saturday of every month

9.30am – 11.00am

Walk in (no need for appointment)

Tel: 01823 252222

#### **Yeovil District Hospital**

Yeovil

Appointments Mondays, Tuesdays, Thursday and Fridays

Walk in Friday 9.00am – 11.00am

Tel: 01935 384382

Health Adviser -Tel: 01935 384705

#### **Bath Royal United Hospital**

Combe Park, Bath

Appointments Monday to Friday

Tel: 01225 824617

Advice Tel: 01225 824558

#### **WISH Centre**

Weston General Hospital

Grange Road, Weston-Super-Mare

Call for appointment times

Tel: 01934 881234

### **POSITIVE ACTION SOUTH WEST (HIV support services)**

Offers confidential information on HIV and sexual health and support, counselling, advocacy, complementary therapies and a drop-in for anyone living with HIV in Somerset. Services are open to carers and are provided countywide.

Call for details: 0800 3283508

[www.pasw.org.uk](http://www.pasw.org.uk)

[info@pasw.org.uk](mailto:info@pasw.org.uk)

## Somerset sex directory

### Taunton, Wellington, Wiveliscombe

#### Taunton Clinic

7, The Crescent, Taunton

Appointments for clinics Monday – Thursday please ring: 01823 364940

**Walk in** clinic Friday 4.00pm – 6.30pm, and Saturday 10.30am -1.00pm

Emergency contraception **walk in** available at all clinic opening times.

Tel: 01823 364940



#### East Taunton Young Peoples Clinic (walk in)

The Crossways Centre, Halcon, Taunton

Wednesday 4.00-6.00pm

Tel: 01823 364940



#### Somerset College of Art & Technology Clinic (walk in)

Student One Stop

Wellington Road, Taunton

Tuesday 11.30am-1.30pm Term time only

Tel: 01823 366331 (Student One Stop)



#### Richard Huish College Clinic (walk in)

South Road, Taunton

Tuesday 1.00pm – 2.00pm

Term time only

Tel: 01823 320800



#### Wellington Clinic

Wellington Hospital, Bulford

Thursday 4.30pm-6.30pm

Tel: 01823 364940



#### Lister House Surgery, Wiveliscombe

Bollams Mead, Wiveliscombe

Tel: 01984 623471

Ask to speak to the practice nurse



## Somerset sex directory

### Yeovil, Wincanton

#### **Yeovil Clinic**

Outpatients Department  
Yeovil District Hospital  
Wednesday 6.00pm-8.00pm  
Tel: 01823 364940 (or 01935 475122 during clinic)



#### **Yeovil Clinic (walk in)**

Yeovil Women's Centre  
Yeovil District Hospital  
Friday 4.30pm - 6.00pm  
Tel: 01935 384411 during clinic



#### **Yeovil College (walk in)**

Room A01A  
Monday - Thursday 9.00am – 2.00pm  
Term time only



#### **Westfield School clinic**

The Green Room, Middle Block.  
Wednesday 1.20pm – 3.30pm  
Term time only

#### **Balsam Centre Young People's Health Drop in (Walk in)**

The Balsam Centre  
Balsam Place, Wincanton  
Wednesday 3.30pm – 5.00pm  
Tel: 01935 433008

#### **(MIU) Verrington Hospital – Chlamydia Screening Available 'check it out' (walk in)**

Dancing Lane, Wincanton  
Phone for opening times.  
Tel: 01963 828444

## Somerset sex directory

### Chard, Crewkerne, Langport

#### Chard Clinic

Outpatients Department

Chard Hospital

Monday 6.00pm - 8.00pm

Tel: 01823 364940 (07977 553965 during clinic)



#### Wadham School clinic (walk in)

The Bridge Learning Centre

Tuesday 1.10pm – 3.00pm

Term time only

#### Huish Episcopi Science College (walk in)

Medical Room

Monday 1.30pm – 2.00pm

Term time only



#### (MIU) Chard Hospital – Chlamydia Screening Available 'check it out' (walk in)

Crewkerne Road, Chard

Phone for opening times Tel: 01460 238220

#### (MIU) Crewkerne Hospital – Chlamydia Screening Available 'check it out' (walk in)

Middle Path, Crewkerne

Phone for opening times. Tel: 01460 72491

## Somerset sex directory

### Glastonbury, Street, Wells

#### Glastonbury Clinic

The Health Centre  
1 Wells Road, Glastonbury  
Monday 7.00pm - 9.00pm  
Tel: 01458 837257 during clinic



#### Young Peoples' Drop-in (walk in)

Glastonbury Surgery  
Faversham Lane, Glastonbury  
Thursday 3.30pm – 4.30pm  
Tel: 01458 833666



#### Robert Barton Trust - Glastonbury Health Inclusion Project (walk in)

3 Silver Street, Glastonbury  
Confidential appointments available Tue – Thurs  
Tel: 01458 833797

**This is not a clinic but offers free condoms, pregnancy tests, Chlamydia Screening, support and signposting**

#### Street Young People's Clinic (walk in)

Youth Centre  
Strode Road, Street  
Monday 12.45pm - 2.15pm  
Tel: 01458 442452  
Term time only



**This clinic will be relocated to Strode College from January 2009 for one year due to a rebuild of the youth centre.**

#### Wells Clinic

The Priory Medical Centre  
Glastonbury Road, Wells  
Wednesday 6.00pm – 8.00pm  
Tel: 01749 836692 during clinic



#### Wells Health Works (walk in)

Youth Centre, Portway, Wells  
Wednesday 3.30pm-6.00pm, term time only.

#### (MIU) West Mendip Hospital – Chlamydia Screening Available 'check it out' (walk in)

Old Wells Road, Glastonbury  
Phone for opening times  
Tel: 01458 836454

## Somerset sex directory

### Frome, Shepton Mallet

#### MASH - Mendip Area Sexual Health Clinic (Provided by Doctors Surgery)

Lockhill Surgery

Locks Hill, Frome

Wednesday from 3.15pm onwards

Tel: 01373 454446 (call 9am-6pm Monday to Friday for appointments)

#### Young Persons Clinic (walk in)

Frome Medical Practice

Park Road, Frome

Wednesday 4.00pm – 5.00pm

Tel: 01373 301318 (Ansaphone)



#### (MIU) Frome Victoria Hospital – Chlamydia Screening Available 'check it out' (walk in)

Park Road, Frome

Phone for opening times. Tel: 01373 454740

#### Shepton Mallet Young People's Clinic (walk in)

Shepton Mallet Leisure Centre

11 Charlton Road, Shepton Mallet

Thursday 12.00pm-2.00pm



#### (MIU) Shepton Mallet Community Hospital – Chlamydia Screening Available 'check it out' (walk in)

Old Wells Road, Shepton Mallet

Phone for opening times. Tel: 01749 342931

## Somerset sex directory

### Bridgwater

#### Bridgwater Clinic

Outpatients Department

Bridgwater General Hospital

Monday 6.15pm - 8.15pm

Thursday 6.30pm - 8.30pm

Saturday 11.00am - 1.00pm **walk-in**

Tel: 01278 436782 9.00am–11.30am, Mon & Thurs for appointments

Or Tel: 01278 436781 during clinic hours



#### Needadoc (walk in)

Bridgwater College, Room D29

Bath Road, Bridgwater

Tel: 08444 772593



Tuesdays 2.00pm – 3.30pm Term time only

This service is led by practice staff from Redgate Medical Centre.

#### Chilton Trinity Technology College Clinic (walk in)

#### Bridgwater

Room F2

Wednesday 1.10pm-2.10pm

Term time only



#### Robert Blake School Drop-In Clinic (walk in)

#### Bridgwater

Darwin Building

Thursday 12.00-3.15pm

Term time only



#### East Bridgwater Community School (walk in)

Connexions Office, Hinckley Building

Wednesday lunchtime

Term time only

#### (MIU) Bridgwater Community Hospital – Chlamydia Screening Available 'check it out' (walk in)

Salmon Parade, Bridgwater

Phone for opening times. Tel: 01278 451501

## Somerset sex directory

### Burnham on Sea, Axbridge

#### **Young Adults' drop-in clinic (walk in)**

Burnham-on-Sea Medical Centre  
Love Lane, Burnham-on-Sea  
Thursdays 4.00pm – 6.30pm  
Tel: 01278 795445



#### **(MIU) Burnham on Sea War Memorial Hospital – Chlamydia Screening Available**

'check it out' (walk in)  
Love Lane, Burnham on Sea  
Phone to check opening times.  
Tel: 01278 773103

#### **Young people's drop in clinic (walk in)**

Axbridge Medical Practice  
Houlgate Way, Axbridge  
Friday 4.00pm – 5.00pm  
Tel: 07851044602

## Somerset sex directory

### Minehead, Williton, Watchet

#### Minehead Clinic

Minehead Hospital  
Outpatients Department  
The Avenue, Minehead  
Tuesday 6.15pm - 8.15pm  
Tel: 01823 364940 (or 01643 707251 during clinic)



#### (MIU) Minehead Hospital – Chlamydia Screening Available 'check it out' (walk in)

The Avenue, Minehead  
Phone for opening times. Tel: 01643 707251

#### West Somerset Community College Clinic, Minehead (walk in)

(also open to non students, term time only)  
Sports Centre, Bircham Road, Alcombe  
Monday 12.30 – 1.30 pm  
Tel: 01643 708815



#### Watchet Surgery

55 Swain Street, Watchet  
Tel: 01984 634365 (Appointments)



#### Williton Surgery

Robert Street, Williton  
Tel: 01984 632701 (Appointments)

