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1. **Who We Are and What We Offer**

1.1 **The Camden and Islington Young People’s Sexual Health Network (CAMISH)**

The CAMISH network offers sexual health services to young people under the age of 25 in Camden and Islington.

Homerton University Hospital, Brook and the Brandon Centre work together as a network of services.

1.2 **Services for all young people**

We each run integrated sexual health, contraceptive and counselling services, offering prevention, diagnosis and management of sexually transmitted infections (STIs), pregnancy testing and support, contraception (including emergency and long acting reversible contraception (LARC)) and support through our counselling services.

These services run from the clinics Pulse N7, Brook Euston and the Brandon Centre.

We also deliver Sex and Relationships Education (SRE) in local secondary schools and colleges.
1.3 Services targeted at vulnerable young people, professionals and the C-Card Scheme

Each provider leads on a specialist area on behalf of the network:

<table>
<thead>
<tr>
<th>Specialist area</th>
<th>What it is</th>
<th>Setting</th>
<th>Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical outreach</td>
<td>Provides satellite clinics and 'clinic in a box' – a mobile clinic that can be taken anywhere that suits young people</td>
<td>Youth projects/clubs, supported housing</td>
<td>Homerton</td>
</tr>
<tr>
<td>Targeted outreach</td>
<td>Provides early interventions to young people most at risk of sexual ill-health, unplanned pregnancy or sexual exploitation, e.g. young people with learning difficulties/disabilities, in the form of 1:1 sessions and small groups</td>
<td>Youth projects/clubs, schools, Pupil Referral Units (for young people excluded from school), Youth Offending Services</td>
<td>Brook</td>
</tr>
<tr>
<td>C-Card Scheme</td>
<td>Allows young people easy access to free condoms and to Chlamydia and Gonorrhoea testing in the community</td>
<td>Youth projects/clubs, pharmacies, housing and education settings</td>
<td>Brandon Centre</td>
</tr>
<tr>
<td>Workforce Training and Development (WFD)</td>
<td>Supports professionals working with young people and foster carers to address sex and relationship issues with young people</td>
<td>Training venues in Camden and Islington</td>
<td>Brandon Centre</td>
</tr>
</tbody>
</table>

1.4 Network coordination

Homerton leads on the coordination of the CAMISH network to bring the three providers together to support:

- Close partnership working and collaboration with internal and external stakeholders
- A central point of contact for commissioners and external stakeholders
- Equitable service delivery for young people across both boroughs
- Better identification of young people at risk
- Shared processes, pathways, guidelines and training
- A seamless service for young people
- Young people’s participation and engagement
- Robust monitoring and coordination.

1.5 Our vision

Our vision is for all young people, in particular the most vulnerable, to have the information and skills to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being.
We seek to achieve this by providing appropriate and relevant services, tailored to the needs of our local population of young people, whilst never losing sight of the individual.

2. Introductions

From Commissioners
Camden and Islington commissioners have been very pleased to see the progress of the Young Person’s Sexual Health Network (CAMISH) since its development in 2015, it has developed into a cohesive network of services.

We have seen the providers work really well together especially around issues such as safeguarding where the respective leads at the CCGs are assured of the processes in place to safeguard vulnerable clients. This specific area of work has highlighted the expertise and determination of the providers to their commitment to safeguarding our younger more vulnerable member of our communities. They are increasingly supporting more young people who have been victims of, or are at risk of, sexual abuse and gang violence, domestic abuse and other mental health issues. Many of the young people do not meet the criteria for other services and been identified by members of the network when they have accessed the service.

Commissioners have been impressed with a number of achievements, particularly with the young people that have presented their experiences of participation, engagement and involvement at stakeholder events, demonstrating the work the network has been doing and the outcomes it has achieved.

Providers have worked together effectively to deliver health promotion events and other key activities. There has been good progress in engaging with vulnerable groups, including those in supported accommodation and looked after children. They have worked intensely with the youth offending team, to assess and support those coming through the service.

The SRE delivery in schools is well-coordinated and facilitated across both boroughs by the network who have liaised with council Health and Wellbeing Teams, and supported the wider work of our children and families agenda. The network has showed real tenacity in gaining access into schools previously reluctant to provide much needed support and education.

The clinics continue to see high numbers of young people and engagement work has been undertaken over the years to confirm good practice around opening times and access. Audits have also been performed at commissioner request to further understand specific areas of activity or emerging trends.
STI screening and treatment has continued to rise, while LARC is also offered daily throughout the network, meaning that young people do not have to access services within the adult sexual health clinics.

All these achievement have taken place against a backdrop of continual change within the health and social care structures and within a period of intense austerity that have effected every service and department that they work with.

One of the bonuses that we have seen in terms of the partnership that has developed is the opportunity for discussion and reflection, leading to constant innovation and peer support for the professionals of the network.

They continue to do all this work with a huge commitment and a smile on their faces. Commissioners are always impressed when monitoring meetings are held and the work of the network and opportunities for developed are discussed.

Nancy Padwick – Commissioning Manager Islington
Natalie Soffer – Commissioning Officer Islington
Jennie Mackeith – Commissioning Manager Camden

From the Network Coordinator

2017/18 has been the third year of operation for the CAMISH network and relationships between providers have developed into a strong and supportive partnership.

We have reviewed how we work in a number of areas, including the coordination of Sex and Relationships Education (SRE) in schools, targeted clinic and education outreach programmes and the C-Card Scheme. C-Card was piloted in local pharmacies across Camden and Islington and will be rolled out in the coming year.

The main challenge this year has been an increase in demand for our clinics and patients presenting with more complex problems, while staffing levels have remained the same.

One of the highlights has been the production of short videos of our clinics to help young people understand what they can expect when they come to our services. Young people and staff co-designed these with a professional film company and they can be viewed on our website and on YouTube.

Effi Stergiopoulou, Network Coordinator

3. Clinical Governance and Safeguarding

Each provider within the network is individually responsible and accountable for their work. Clinical governance and safeguarding are managed by each provider within their own
organisational structures and are fed into the CAMISH Clinical Governance Steering Group, Safeguarding Subgroup and the Service Managers Meeting. All our work is supported by a joint information sharing policy.

Working as a network has shown a number of benefits for the CAMISH providers, for example:

- Increased information sharing, e.g. in safeguarding
- Improved access to staff training by sharing training programmes
- Shared learning to drive improvement, e.g. joint review of providers’ policies
- Coordinated service provision, e.g. coordinated clinic schedules
- Sharing expertise and skills, e.g. the Brook education workers and Homerton nurse coordinating outreach sessions to improve outcomes for young people
- Shared outcomes across the network ensure that all providers work towards the same goals.

At the beginning of each year network managers and the clinical governance steering group draft the annual plan, identifying priorities, actions and lead providers for each area.

In 2017/18, the network reviewed the following areas:

1. **Clinic demand:** All main clinics have experienced an increase in demand, which meant that an increased number of young people were trying to access our services. In addition, patients visiting our clinics presented with more complex problems and our outreach clinic at LIFT has seen an increase in 20-24 year old patients.

2. **Self-test options for faster access:** In order to help with clinic demand, we reviewed current self-test options for pregnancy and Chlamydia and Gonorrhoea testing that young people can use on a “quick-test” basis. We consulted young people via a focus group a questionnaire.

3. **Outreach sites:** We conducted a review of our outreach sites to improve how we reach disadvantaged young people. As a result, we are e.g. piloting an outreach clinic for young people leaving care in Islington and looking at setting up the same model in Camden.

4. **Training for professionals:** We have continued to work with other professionals to support them with conversations around sexual health, e.g. the network has worked with the Healthy Futures Award for Camden youth projects to embed sexual health as one of the health topics in the award, improving youth projects’ engagement around sexual health and thus increasing young people's access to sexual health information.

5. **C-Card in pharmacies:** The C-Card Scheme has been piloted in pharmacies in Camden and Islington.

Safeguarding remains a large part of our day-to-day work as the young people we see often have multiple complex vulnerabilities, including:
• Child sexual exploitation and gang involvement
• Offending behaviour
• Sexual assault and non-recent abuse
• Drug and alcohol use
• Domestic abuse, neglect and homelessness
• Mental health difficulties
• Learning difficulties and disabilities
• Being in the care of social services

In 2017/18 we have continued to maintain our relationships with the Multi-Agency Sexual Exploitation panels, the Looked After Children (LAC) Nurses and the Children’s Safeguarding Boards. In addition we established links with the local Adult Safeguarding Boards to support our clients who are over the age of 18. The network has also run a number of training updates for staff on emerging themes, such as trafficking and modern slavery.

4. Getting Young People Involved

Camish Videos

This year we produced video tours of our three clinics; the aim was to promote our services, dispel some common myths about what happens at a sexual health clinic and help young people feel more confident to attend our services.

It was important for us to consult young people at every stage of the process in order to produce appealing videos that get our message across in a way that young people understand and like.

The videos have been distributed to our partners and are available on our website and YouTube. Our education staff are using them during sessions in schools, colleges and youth clubs.

Results from focus group with young people on what the videos should look like:

• Something with a good tone
• Clear introduction
• Calm music / cool music (not too cool - not too calm)
• Clear presentations
• Emphasis on confidentiality
• Racially diverse content
• Real staff from the clinics
• No cheesy graphics
• Answers should come from human conversations
• Clear journeys through the clinics
• Young presenters - but not too young
• Professional presenter
Access to fast track self-testing and other services

We consulted young people over the age of 21 about using sexual and reproductive health services offered at pharmacies, GP surgeries and youth centres; these include testing for pregnancy, Chlamydia and Gonorrhoea, prescribing of regular and emergency contraception, C-Card and free condoms.

In 2018/19 we will be working on the areas that were identified as important to support young people accessing the above services and increasing their choices in looking after their health.

6. Our Clinics

We run three daily (except Sundays and bank holidays) open access clinics in Camden and Islington that offer free and confidential services with a mix of walk-in and appointments.

<table>
<thead>
<tr>
<th>Camden</th>
<th>Islington</th>
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<tbody>
<tr>
<td>Brook Euston</td>
<td>Pulse N7</td>
</tr>
<tr>
<td>The Brandon Centre</td>
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</tbody>
</table>

Services offered are:

- Pregnancy testing, advice and referral
- Contraception (including emergency contraception and LARC)
- Testing and treatment for STIs
- Sex and relationship information and support
- Signposting to other services
- Free condoms and C-Card
- Counselling, mental health & wellbeing support

We also run a number of outreach clinics that offer the same clinical services as above. These are weekly sessions in two youth clubs, the City and Islington College (CANDI), and at a care leavers’ drop-in. The outreach nurse can also visit other settings, e.g. patients’ homes/supported housing and youth clubs. The aim of our outreach clinics is to reach young people from disadvantaged communities who would not otherwise access mainstream sexual health services.

We offer C-Card and home-testing kits for Chlamydia and Gonorrhoea at all targeted education sessions and events.
Patient overview

In 2017/18 there were total of 14,108 patient visits across the network.

33% of the visits took place at Brook Euston, 34% at Pulse, 30% at the Brandon Centre and 3% in the Pulse outreach clinics.

As in 2016/17, overall, 15% of our patients were young men compared to 85% young women.

Most patients, 63%, were aged 20-24 years old, followed by 21% 18–19 and 13% 16-17 years old. Around 3% were 15 years old and under.

32% of patients were Camden residents, 29% Islington and 38% from other boroughs. This represents a 10% and 2% drop in Camden and Islington residents respectively, and an 11% increase in residents from other boroughs compared to 2016/17.
As expected, Chlamydia ranked the highest amongst the sexually transmitted infections diagnosed this year, with 11.6% of all Chlamydia tests showing a positive result, in comparison to 2.2% for Gonorrhea. In addition to the data on the chart, 116 patients presented with Genital Herpes.

The majority of young women who had a positive pregnancy test opted for a termination (TOP).

The most popular form of contraception after condoms was short-acting hormonal methods, such as the pill or the patch.
Brook Euston

"I've been visiting the Brook service since I was 15. They have always been so helpful and I've never had a bad or judgemental experience. I'm soon turning 25 and I'm going to miss coming here! Thank you for all your help and always being there when I needed the Brook"

"I've been coming to Brook since 2015 when I was 18 years old. Every encounter I've had has been more than welcoming. The staff here are so warm and lovely. I feel they need more funding, staff and tlc. Big love to the Brook team, always."

Brandon Centre

“This is a terribly awkward conversation to have, and you’re so lovely it just makes it very easy, so thank you.”

“I love coming to the Brandon Centre - it's has been a life saver.”

“They come across non-judgemental. This made me feel very calm and more open.”

Pulse

“I've been here a few times and I've received excellent service each and every single time. Everyone is so kind and helpful. I absolutely love it here. Loveliest people.”

“Very good service. I am happy with how the nurse discussed and understood my concerns. She also gave me information and recommendations I didn’t receive in other clinics. Very happy overall. “

“I have been going to Pulse clinic for years and they have been always provided the best service. I am very sad that today is my last check up as I am turning 25 soon but I would highly recommend to friends and family. Staff are friendly and organised. thank you :)

5.1 Brook Euston

2017/18 has been a busy year for the Brook Euston clinic with a number of exciting developments which have improved our quality systems and our clients’ experience of their visit.

In June 2017 Brook launched the use of the electronic patient record system Blithe Lilie across the clinics. As well as providing consistency across the record keeping process we are now able to access client records from all Brook clinics, enabling us to share any safeguarding or medical information. There are also a number of alerts that can be used to highlight any concerns that need to be ‘flagged’ each time the client attends a clinic. Although waiting times increased slightly while staff adjusted to the new system, they are now all using it confidently, client numbers have increased again and the programme is embedded in our consultations.
In August 2017 our clinic turned from blue to purple! We were the first Brook clinic to be rebranded with the new purple Brook logo and designs. In the same month we had the opportunity to show off our new look and talk about our services when we took part in the making of the CAMISH videos.

In October 2017 we launched ‘Test and Go’, which offers clients the opportunity to carry out their own screen for Chlamydia and Gonorrhoea without having to wait for a consultation with a clinician or Wellbeing Support Worker. The test is available to clients who are over 18, asymptomatic and have attended Brook before. Clients have welcomed the initiative and it has certainly helped to reduce waiting times.

In early 2018 we introduced Sayana Press, a contraceptive injection which clients can self-administer. Up to a year’s supply can be issued at a time, which adds another choice to our LARC offer. In addition, we have regular appointment slots for the intrauterine device (IUD) and the intrauterine system (IUS) on one Saturday a month, as well as weekly implant appointments and drop-in availability.

Miranda McWhan, Nurse Manager

5.2 The Brandon Centre

In September 2017, the Brandon Centre welcomed Alex Tambourides as their new CEO; he takes over from Geoffrey Baruch who has been the director of the centre for 25 years.

2018 marks the 50th anniversary of the Brandon Centre. In that time we have supported over 100,000 young people and parents through a range of evidenced based services. We are planning a series of celebratory and fundraising activities to take place in autumn 2018 so watch this space.

In November we had an inspection by the Care and Quality Commission and we are extremely proud of the results. The inspector said the feedback he had about the service form all stake holders was overwhelmingly positive and summarised the service as follows:

“This was a dynamic service led by a motivated team of experienced specialists and professionals keen to develop their career in sexual health. The service went above and beyond the expectations of young people and meeting the needs of its local community.”

5.3 Pulse N7

Pulse N7 has experience a busy and eventful year. Rosemary Gordon took over as Lead Nurse / Service Manager in May 2017. Recruitment of nursing staff has been a continued challenge, but as of May 2018, all nursing posts will be filled. This will reduce pressure on the team and help us move toward our strategic objectives.

Our clinic on the Holloway Road remains ever popular with young people and we have seen the number of young people trying to access the service increase substantially during the past year. We work closely with the local pharmacy who also offers some sexual health services and are able to signpost young people to them; we are continuing to look
at ways to increase capacity so that more young people can access our service. We have welcomed Sue Mann, a public health expert and consultant from the Homerton Sexual Health Service; she is working alongside the service overseeing clinical governance, supporting the clinic by running an appointment LARC clinic fortnightly and delivering clinical professional development sessions for the clinical team.

Feedback from young people is overwhelmingly positive with some clients expressing regret about turning 25 and having to go to another service.

We also welcomed the Ugandan Minister of Health for a clinic tour and a Q&A about how to make services young people friendly.

Finally, we took part in the making of the Pulse clinic video tour and are delighted with the results.

Rosemary Gordon, Lead Nurse, Pulse, Homerton

6.4 Pulse Outreach Clinics

Liz Illman has been the face of the Pulse outreach service for many years; she decided to step down this year but has continued to support the delivery of outreach. We thank Liz for her many years of dedicated work ensuring young people’s sexual health needs are met. Stephanie Crane has now taken over and, following in Liz’s footsteps, is also doing an amazing job. She is making great new relationships and established a new weekly drop clinic supporting the leaving care team in Islington’s Elwood Street and there are discussions about other potential sites.

The referral pathway continues to be effective and Stephanie attends numerous meetings with other professionals in Camden and Islington to ensure they are aware of our service and referral pathways.

We have had a 3 month trial within Islington hostels which was successful at accessing young people who themselves stated they would not access the main clinic on Holloway Road. The services which were used included STI testing and C card sign ups.

Meetings are currently underway with Camden social workers to organise a drop in similar to Elwood Street at the Vadnie Bish centre in Camden. The idea is to run a weekly service on a trial basis and maybe run it alongside another service such as housing to try and encourage young people to attend the drop in.

Finally, we have developed a pathway for unaccompanied asylum seekers in Camden. In the first instance they should be seen at the Archway Centre. However it has been agreed with the Camden LAC team that if the young person misses 3 appointments then they will be referred to our outreach service and we will try and see them at a location that suits them.'
6. **Sex and Relationships Education in Secondary Schools and Colleges**

In 2017/18 the network delivered 208 Sex and Relationships Education (SRE) sessions across 11 secondary schools and 4 colleges in Camden and Islington. We delivered more sessions this year which is a reflection of the excellent relationships we have fostered with schools and their satisfaction with the education that has been delivered.

We have noticed that some young people are lacking knowledge of anatomy and the basics of sex and relationships, and therefore have delivered a number of sessions on anatomy and conception before moving to topics from our core offer such as contraception and STIs. Pornography, consent and healthy relationships remain popular requests.

Zahrah Al-Bejawi, Education and Wellbeing Coordinator, Brook

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**Student Feedback**

In 2017/18:
- 88% said our sessions were brilliant or good
- Over 60% said they would do something differently as a result of the session (in the majority of cases, where young people said they wouldn’t do something differently they stated not being sexually active yet as the reason).
- 89% said they wanted us to deliver more session at their school.

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What young people learned:

“That there are clinics that allow 13-25 year olds to receive contraception confidentially.”

‘The different ways STIs are passed because I thought before it was just full sex’

Young people’s intended future behaviours:

‘I’ll go to the clinic to get checked before having sex and ask my partner to be tested’

‘I will keep condoms in my bags if I get a boyfriend.”

‘I will always ask for consent from the other person’

---

7. **Targeted Outreach - Sex and Relationships Education out of schools (group and 1-1 Work)**

In 2017/18 Brook delivered 90 sessions across 23 sites in Camden and Islington. Requests came from schools for young people with moderate learning difficulties (MLD), youth clubs, pupil referral units for young people excluded from school, young mothers’ groups and health groups.

We continue to have very high demand in both boroughs. There have been several 4 and 6 week programmes in Camden and several one-off sessions in Islington in response to
youth provision that have identified their young people are at risk (for example sexting, pornography, consent); however we have still delivered longer programmes in Islington at Samuel Rhodes MLD school and in youth clubs.

We are happy that this year we have been able to reach groups of particularly vulnerable young people, including chronically ill young people, those with learning disabilities and unaccompanied minors with refugee status.

We have noticed that some youth workers have a knowledge gap around sex and the law when it comes to young people and have been working with them to educate both staff and young people. In addition, we provided training for youth workers from 3 of the main Camden hubs on how to talk to young people about sexual health and we saw an increase in requests for sessions on self-esteem and body image.

This year our 1:1 worker delivered a total of 126 sessions to 73 young people. These young people were referred from the Camden and Islington Youth Offending Services and also from the network e.g. from schools and other youth organisations.

**Case Study**

A 17 year old young woman with additional needs was referred to the Brook Education and Wellbeing team for a discussion regarding her sexual health. The youth centre that she attended had identified that she had recently entered into a relationship had little knowledge around keeping herself safe. The young person agreed to start a four week programme of one to one sessions with the Brook worker.

The sessions included conversations about consent, condom use, contraception, Sexually Transmitted Infections and relationships. Upon learning about confidentiality and young people’s rights to accessing services, the young person disclosed that she had taken a pregnancy test one day after she had had sex without a condom and that it had been negative. The Brook worker spoke with the young person about conception and registered her on the C-Card Scheme to have access to free condoms. They also explained the need for another pregnancy test as it may have been too early to detect a pregnancy with the previous test and offered a clinic appointment, where she could also talk to a nurse about her contraception options. The worker showed the young woman the CAMISH Brook clinic video, which helped the young person to understand the process at the clinic and feel familiar with the environment. This reduced some of the apprehension that she felt for her first visit.

The Brook worker coordinated the appointment, which helped reduce waiting times in the clinic. Clinic staff were made aware of the young person’s particular needs, which meant that she had a seamless service and a good experience of attending a clinic for the first time. On her second visit she chose an implant as her method of contraception and now regularly comes into the clinic for condoms. She also brings her partner along.

*In order to protect our clients’ confidentiality we are unable to provide a live case study. This case study represents a typical client encounter the Camish team will have.*
8. The C-Card Scheme (Come Correct Scheme)

The C-Card scheme, coordinated by the Brandon Centre, provides young people (aged 13 to 24) with access to free condoms from ‘C-Card outlets’ (youth clubs, colleges and other community youth services). Once registered for the scheme, young people are provided with a card, which allows them easy access to free condoms from any C-Card outlet in Camden, Islington or any other borough that participates in the London-wide scheme.

This year the Brandon Centre lead on a pilot project of offering C-Card and Chlamydia and Gonorrhoea screening at pharmacies across Camden and Islington and will continue to expand this project with promotions in 2018.

In the last year we provided training and support to staff in 54 C-Card outlets throughout Camden and Islington. As a result, in 2017/18 we achieved an 8% increase in new registrations (2368) and 1% increase (4422) in repeat attendance for condoms. 86 young people accessed Chlamydia and Gonorrhoea screening at a C-Card site and we achieved an increase of 10% in return Chlamydia and Gonorrhoea screens across 75% of sites.

9. Training for professionals

The network offers free training on sexual and reproductive health issues that affect young people to staff working with young people across Camden and Islington. Training aims to help staff and organisations develop more confidence when dealing with sexual health issues, feel better placed to advise and signpost young people to other services or become a C-Card provider themselves. Additional training is provided where specific emerging themes have been identified by the workforce.

Last year we delivered 19 training sessions across the two boroughs, training 133 participants overall. 44 were trained in ‘Introduction to Talking to Young People about Sexual Health’ and 21 went on to train in Come Correct C-Card Training and become C-Card practitioners. We also delivered Chlamydia and Gonorrhoea training to 17 staff members enabling them to offer screening to young people who use their services.

In addition, we delivered the following bespoke training, “Young People and Pornography” and “Young People and Relationships” and continue to respond to needs based on feedback from professionals in order to develop further training; as a result we have developed LGBT+ training for professionals which will be part of the 2018/19 training offer.

10. Joint Working

As the network awareness has increased across both boroughs we have multiple opportunities for joint working examples being C-Card/Clinical Outreach Stalls and also Targeted Work linked with C-Card. Being able to provide a number of services greatly benefits the young people especially those in outreach settings. We will continue to
support each other’s work going forward and are currently reviewing the way that we report this to accurately reflect the work that is being delivered.

11. Plans for 2018/19

In the coming year we will continue the work we started in a number of areas:

- Implementing recommendations from the review of our outreach services to ensure we reach the most vulnerable young people.
- Working with partner organisations to continue to get feedback from young people about our services. To achieve this we are planning to run mystery shopping activities in the network.
- Improve how we promote other ways young people can look after their sexual health, e.g. by attending pharmacies for emergency contraception and Chlamydia/Gonorrhoea testing.
- Updating our website and exploring online ordering of Chlamydia/Gonorrhoea home-testing kits.
## Appendix A

### Clinic Opening Times

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Address</th>
<th>Tel</th>
<th>Website</th>
<th>Opening Times</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brandon Centre</strong></td>
<td>26 Prince of Wales Rd&lt;br&gt;London NW5 3LG</td>
<td>020 7267 4792&lt;br&gt;www.branchon-centre.org.uk</td>
<td>Mon, Weds, Thu&lt;br&gt;11:00-18:15&lt;br&gt;Tues 13:00-18:15&lt;br&gt;Fri 13:00-16:45&lt;br&gt;Sat 12:00-14:45</td>
<td>Mon – Fri 12:00-18:00&lt;br&gt;Sat 12:00-14:00</td>
</tr>
<tr>
<td><strong>Brook Euston</strong></td>
<td>92–94 Chalton St&lt;br&gt;London NW1 1HJ</td>
<td>020 7387 8700&lt;br&gt;www.brook.org.uk</td>
<td>Mon - Fri 12:00-18:00&lt;br&gt;Wed 13:30-18:00&lt;br&gt;Sat 12:00-14:00</td>
<td>Mon – Fri 12:00-18:00&lt;br&gt;Sat 12:00-14:00</td>
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<tr>
<td><strong>Pulse</strong></td>
<td>164 Holloway Rd&lt;br&gt;London N7 8DD</td>
<td>020 7527 1300</td>
<td>Mon &amp; Wed 15:00-19:00</td>
<td>Mon - Fri 12:00-18:00&lt;br&gt;Wed 13:30-18:00&lt;br&gt;Sat 12:00-14:00&lt;br&gt;Thu 15:00-18:00</td>
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<tr>
<td><strong>Pulse @ LIFT</strong></td>
<td>45 White Lion St&lt;br&gt;London N1 9PW</td>
<td>020 7527 7030</td>
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<tr>
<td><strong>Pulse @ the HIVE</strong></td>
<td>18 Harben Parade&lt;br&gt;Finchley Rd&lt;br&gt;London NW3 6JP</td>
<td>020 3198 0520</td>
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**Camden & Islington Young People's Sexual Health Network**

Effi Stergiopoulou, Network Coordinator<br>Pulse N7<br>164 Holloway Road<br>London N7 8DD

Tel.: 07881 034194<br>Email: huh-tr.camish.network@nhs.net<br>Web: www.camish.co.uk