



Sexual Health Headlines

Family Planning South Australia

Annual Report 1993/94

Major Restructure at FPSA

Family Planning has been going through major changes this year. The changes are designed to make our services more accessible, and to make the best use of our limited funds.

In the past, we have had one central office at Kensington housing most of our staff, with four small outreaches at Port Pirie, Elizabeth, Port Adelaide and Noarlunga.

The new structure we are working towards, involves distributing staff and resources more evenly across the metropolitan area. We have already secured larger premises at Woodcroft and Elizabeth and begun to move staff. By mid 1995 we will have 3 regional primary health care teams of equal size, and a support services team.

The 3 regions are : North, South, and East/West.

Our clinics will still be spread all across the metropolitan areas and emphasis will be on moving some into areas of highest need. Our plans for the new Woodville Youth Clinic are an example of this (See page 10).



Staff participated in a restructure workshop to develop a plan for the restructure.

The main focus of our work is improving the sexual health of young people, and assisting those who work with young people to understand their sexual health issues.

We will be trying to reach those young people who are most in need of our services and who do not usually find it easy to get help.

In this way we aim to prevent illness and distress.

We also believe we can maximise our effect by working closely with other services and talking more with local communities about their specific needs. This new structure makes it easier for us to do these things.

We have more work to do, but the direction is clear and we're well on the way.



Sexual Health Hotline

(08) 364 0444
or
(008) 188 171
Toll Free for Country Callers

A confidential free phone-in service providing information & referral on all areas of contraception, relationships, sexuality and sexual and reproductive health.

The service is run by family planning nurses and operates weekdays between:

Monday to Friday
8.30 am to 5.00 pm

"YOUNG WOMEN CAN DO ANYTHING"

April 19th - 22nd 1994 was the date for the "Young Women Can Do Anything Camp" for women aged 15 - 19 years living in the Noarlunga Council area.

The camp at St Lukes, Port Elliott provided safe opportunities for the 23 young women to discover more about themselves through challenging physical experiences.

This camp was kindly sponsored by the City of Noarlunga, who allocated \$5,000 to this very creative and worthwhile project.

A "working" group, comprising representatives from local agencies (including FPSA Southern Team) and Four Young Women Consultants - Donna, Decinta, Ellen and Leesa worked together to plan, implement and evaluate the camp.

The themes and workshops of the camp provided several options for each young woman to pursue self discovery, care and challenge.

"Women of the Wilderness" offered a wide range of adventure activities such as surfing, board sailing, sailing, canoeing and horse riding.

The young women consultants found the experience very positive.

The experience provided the opportunities to learn leadership skills, be involved in planning the camp activities, interact with agencies & improve communication skills.

"The whole process of being a consultant was a highlight especially being with women who have a positive outlook."

The Young women participants summed up the camp with comments such as "it was a success", "excellent", "women can do anything", "lots and lots of fun" and "activities were great".

FPSA workers involved in this camp have enjoyed the opportunity to work together with other agencies. It was most important for the young women

consultants and the participants to have access to sexual health information.



Young Women Consultants worked together to plan, implement and evaluate the camp.

SEXUALITY & DISABILITY PROJECT

FPSA has a history of providing access to education and services in sexual and reproductive health for people with disabilities and has taken a strong role in advocating that people with special needs require sexuality education and services.

People with disabilities:

- are treated as children by family and carers, and so are "protected" from their own and others' sexual needs
- often have limited opportunities for social skill development and thus may display "socially unacceptable behaviour"
- may have a high level of personal care needs such that sexuality needs are given a very low priority by family and carers
- have sexual feelings and are sexual beings - they may become sexually active and not understand the consequences of their behaviour
- often lack access to accurate information and are limited in their opportunity to learn informally via peers and the media
- are more vulnerable to sexual exploitation and abuse

In meeting the special needs of people with disabilities, FPSA has had to address not only the community's attitudes toward sexuality and disability, but also the widespread belief that sexuality education will encourage promiscuity. Research regularly shows that this is not the case. Education can be a powerful force in providing people with:

- increased self-awareness
- skills to develop and maintain relationships
- choices about becoming sexually active
- skills and knowledge to protect themselves from sexually transmitted diseases and unwanted pregnancies
- skills to keep themselves safe from sexual abuse and exploitation

In 1992 FPSA approached a range of agencies providing services to people with disabilities for funding. When Stage 2 of the project commenced in March 1993 it was funded for twelve months work, by the following contributors:

- South Australian Health Commission Community Services Division
- Commonwealth Department Health Housing and Community Services
- Family and Community Services - Child Protection Unit
- Intellectual Disability Services Council
- Crippled Children's Association
- Spastic Centres of South Australia

The Project came to its completion in March 1994 when, attempts to secure more funding were not successful.

Outcomes of the project included:

- Training of disability workers to develop skills and awareness in dealing with sexuality issues and implementing sexuality education in their agencies
- Provision of consultancy to agencies and individuals.
- Development of new resources to support sexuality and disability work. This included a sexuality education program kit for young people with disability, a booklet to inform people with special learning needs about HIV-AIDS and an assessment protocol to assist workers in identifying a client's knowledge base about sexuality
- Interagency collaboration was a constant part of the project in supporting workers with advocacy issues, program development and establishment of networks

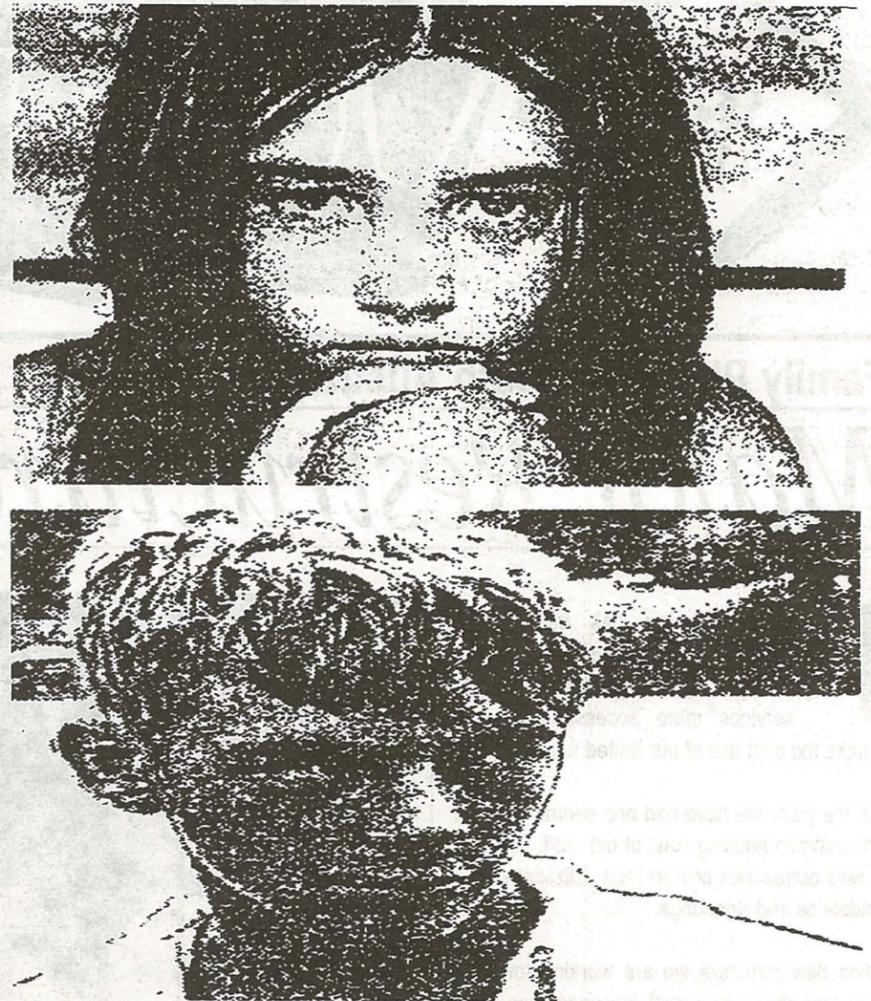
Project services were utilised by a wide range of disability organisations and this clearly warrants a substantial financial commitment to FPSA's sexuality and disability work.

Because other agencies are not specifically resourced and experienced in the field of sexuality and disability FPSA continues to be seen as the key provider of information and services in the area of sexuality and disability. Even though the Sexuality and Disability Project is no longer funded, there is still a substantial demand on FPSA from the community for services to assist people with sexuality and disability issues. This is evident in the number of requests from organisations and individuals, ranging from client needs for sexuality education to training for workers, to assistance at an advocacy level. FPSA's continued role in sexuality and disability work can only be ensured by a commitment to ongoing funding.

The key recommendations of the Project Report emphasise the South Australian Health Commission's key role in ensuring the continuation of this work in line with the Liberal Party's commitment in its health policy released in December 1993 - in particular "Health Care for People with Disabilities and Women's Health". They also emphasise the need for disability agencies who clearly benefit from FPSA's sexuality and disability work to show their commitment to its continuation through provision of funds.

Sexuality is an integral part of our identity and relates closely to self esteem and well being. As a community we have a responsibility to ensure that people with disabilities have their sexual rights and needs acknowledged and expressed, so that they may experience their full potential as human beings.

In recognising these needs we will continue in our endeavour to secure extra funding to support this work.



For Sale

Sexuality Program for Young People with a Disability

Prepared by Julie Smith & Kerry Telford
Family Planning South Australia

Part 1 Menstrual Management
Part 2 Sexuality

A comprehensive sexual education manual including detailed program sessions & worksheets.

Cost: \$50 or \$55 including postage & handling

Available through:

Janet Browning Library (For Sale)
and
Resource Centre (Loan)
Family Planning South Australia
17 Phillips Street Kensington

Telephone: (08) 31 5177
Facsimile: (08) 364 2389
Country Callers: (008) 188 171

Women's Business

FPSA has supported two visits to the Ceduna/Koonibba Aboriginal Health Service in the last 12 months. FPSA staff go on these week long trips every six months, to provide a sexual and reproductive health service to the women of Ceduna and district. Currently, the service is provided from the Ceduna/Koonibba Aboriginal Health Service, which is an effective way for Aboriginal women to access services. White women also use the service in large numbers and often clinics are pre-booked weeks ahead. Clinics usually run from 9.00 am to 8.00 pm with very little time for refreshments! Family Planning workers work alongside each other with 2 appointments each 30 minutes.

Each time we see upwards of 30 new clients and often wonder where they come from. In June 1994 we saw a total of 136 clients, 79 of whom were new!! all in a space of 4.5 days (40 of these new clients were Aboriginal women).

We usually manage to do some education, either with the health workers or with young people. Even though they come back exhausted, both staff are totally committed to the service, as country women have little access to such services and are very thirsty for any knowledge on women's health.

Currently the service is in a phase of shifting from being organised by FPSA to being supported by FPSA, with Ceduna/Koonibba

staff doing all the management, and FPSA supplying staff and supplies only. This will be running smoothly by June 1995.

Twenty nine per cent of women say that intercourse does not last long enough.

FPSA Works with the Vietnamese Community

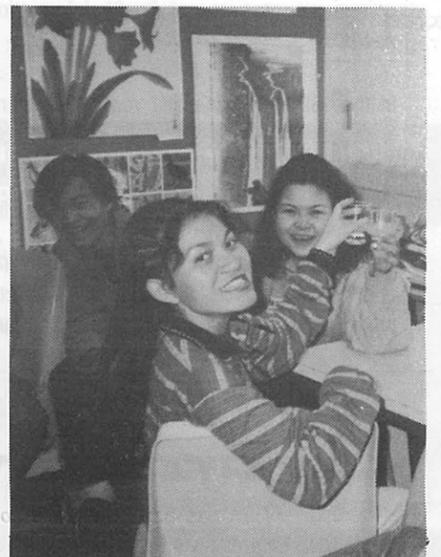
In the quest to be more responsive to different cultural backgrounds FPSA and CAFHS funded by Migrant health Service, offered

training to two Vietnamese parents. This project arose from a needs survey which indicated that many Vietnamese parents had concerns about conflict and communication issues with their teenagers. Issues included teenage sexuality and HIV/AIDS particularly in reference to their cultural morés.

The Vietnamese parents gained knowledge about sexual and reproductive health and sexuality, experience in working with groups of parents and grandparents and the opportunity to discuss and compare Eastern and Western cultures.

The Vietnamese workers devised four sessions to run with parents and grandparents and felt very positive about the outcomes.

FPSA welcomes the opportunity to work with young people from different NESB backgrounds



Sexual Health Hotline

The Sexual Health Hotline has evolved into a highly valued professional service, widely used by city and country clients and health professionals. We are often the only way people can get answers to their questions or the only contact people can make, as they may be intimidated by face to face contact or simply be geographically isolated.

We have many sad calls and some funny ones too - a healthy balance of humour and tragedy, as well as the occasional nuisance calls.

Both men and women make good use of the hotline. Subjects most often asked about include contraception, pregnancy and infections. There are some more unusual calls. For example, men with obsessions about the size of their penis, men who wish to make an appointment with a "working girl" or some who expect a call like the Fantasy Line. Lots of people are referred by work mates and ask for Virginia, Mrs Trick and Dr Crab.

We have calls about every aspect of sexual health, from cross dressing to the need for a "larger condom" so we are kept on our toes at all times. ☺



Women take charge of your personal health needs.

- * *Are you over 18 years of age?*
- * *Have you ever had sex?*
- * *Is it more than two years since you had a Pap Smear?*

If you answered YES to all three questions its time you had a Pap Smear.

Contact your local general practitioner or family planning clinic.

The Janet Browning Library

FPSA believes in the sharing of knowledge and ideas. The Janet Browning Library is an extension of this.

In order to contribute to the achievement of FPSA's philosophy of "promoting and improving the sexual and reproductive health of South Australians", the Janet Browning Library continues to provide a well-used information service to the community. While serving the needs of FPSA staff and other professionals, it continues to be widely used by individuals who find that the specialised collection of books and journals meet either study requirements or personal health information needs.

In the 1993/1994 financial year, 2063 loans were processed for 777 borrowers; 3980 information requests were serviced and 791 information searches were undertaken.

After an intense period of research, planning and training, and the installation of the appropriate hardware, the data entry for the Library

was finally completed in August 1993. This undertaking has resulted in increased access to the service for both staff and the community, and the management of journals/serials, sale books, Library membership and of course the Library catalogue is now much easier to control. The day the old card catalogue was "dumped" was a turning point in the development of Library services for FPSA.

The second phase of the Automation Project, which will incorporate a user access terminal, is currently on hold pending the development of an overall plan which will provide the new technology required across the whole association.

As the re-structure takes shape, the effects on the Library have so far been minimal. We look forward to an active support role once the new Primary Health Teams are more settled.

What would you do with an INCUNABULUM ?
Answer on page 16



FPSA library believes in the sharing of knowledge and information with the South Australian community.

Caravan of Love

For the months of May and June the Southern Team of FPSA undertook an awareness raising venture. Safe Sex was the topic and the Southern Fleurieu rural schools were the place.

Workers went to Willunga, Mt Compass, Yankalilla and Victor Harbor in a caravan equipped as a resource centre. This project was the idea of the young people in these areas, who had raised safe sex as an area of concern in their community.

Feedback at the time of the project was excellent, many students they said it was the first time they had had the opportunity to ask all the questions they had about sex and sexuality.

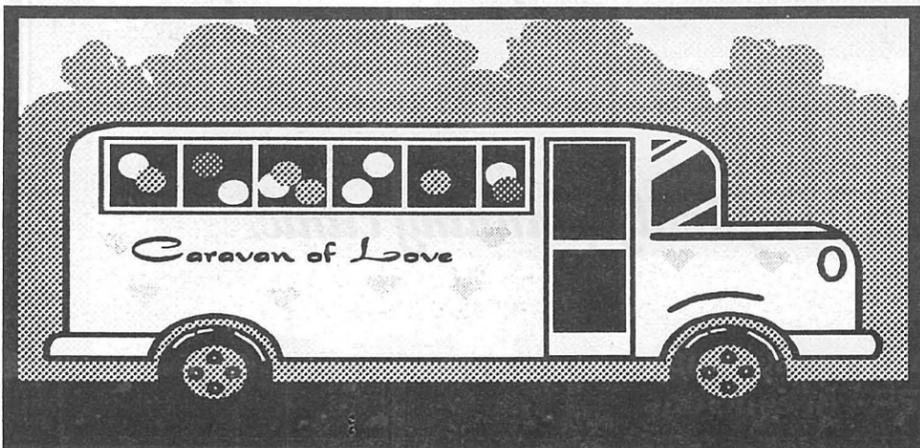
Condom demonstrations occurred in many sessions and gave us a chance to show students the correct way to put on a condom and what to do if anything unplanned happened, eg breakages.

All teachers and parents were invited to view what took place in each session. The project accessed over 1000 young people and their teachers. Four parents and eight other teachers availed themselves of the project.

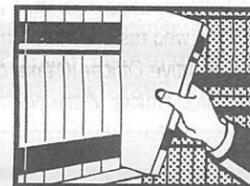
Some really exciting outcomes have occurred since that time. Condom availability at school premises is being talked about at student council and school council level.

Two of the schools have discreetly made condoms available. The profile of sex education in school has been raised and materials and resources have been left with school libraries and school teachers.

School counsellors are finding more students are aware of the issues and discussion about how this affects the individual are occurring. All in all a very satisfying project although it was hard work and offered challenges.



Library Services



The Janet Browning Library offers an extensive collection of items on sexual health care.

Anyone can become a library member by completing a registration form. Membership is free.

A comprehensive range of books, journals reports, reports, research articles and leaflets are available on:

- Contraception ▲ Unplanned pregnancy ▲
- Adolescence ▲ Women's Health ▲ Safe Sex ▲
- Infertility ▲ Sexuality ▲ Sexually Transmitted Diseases ▲ Sex Education ▲ Parenting ▲ Human Reproduction ▲ Foetal Development & Birth

Personal assistance is available to students and health, education and welfare professionals, undertaking specific study courses by making an appointments with the Library Services Coordinator.

Library Hours
Weekdays 8.30 am - 4.30 pm

For further information contact:
the Library Services Coordinator on 315177 or
Country Callers 008 188 171

From the President's Pen

FPSA Council Report

The past year has been a very difficult but nevertheless fulfilling year. The work of Council has been dominated by the task of monitoring and over-viewing the restructuring process.

There have been difficult times and some tensions, however it now appears that the process is proceeding constructively and productively.

In the past 2 years it has been an over-riding objective of Council to achieve a more equitable distribution of resources to the metropolitan regions of Adelaide with particular emphasis on the growing regions of the south and the north. This aim has been developed in a way that is designed not to dilute the very important educational and clinical services provided through the Kensington Branch but to utilise the wealth of experience at Kensington in assisting staff in the regions to provide improved services to a wider range of people.

During the year a number of long standing staff members of the Association left mainly to undertake other jobs within the South Australian public health system. In particular I would like to make reference to Ms Helen Tolstoshev who resigned from the position of Chief Executive Officer to take up a position of Executive Officer at the Nurses Board of South Australia. Helen provided stable leadership and good strategic direction during her time at FPSA and set the process of change in train towards providing further resources to the regions. Her position was taken up by Kaisu Vartto who comes to the organisation with a wealth of experience in primary health care, particularly amongst Aboriginal communities in the Northern Territory and South Australia. She has a keen interest in sexual and reproductive



health and in particular is very determined to ensure that the maximum amount of funds can be applied directly to consumers of Family Planning.

Towards the end of the financial year the Association made application to the SA Health Commission for a number of primary health care grants and I was delighted to find that we had been successful.

At a national level there has been some degree of turbulence with the announcement of a Commonwealth Government review of Family Planning services in Australia. At the time of writing the final terms of reference have yet to be determined and it is expected that each of the State Family Planning Organisations will make a significant contribution to the review.

Finally, I must congratulate staff on their efforts throughout the year. Where ever I go I hear only positive feedback about the services provided by Family Planning South Australia and the efforts of staff who work above and beyond the call of duty. I would also like to pay tribute to other Council members who dedicate a significant amount of time to FPSA. In the coming year I know a number of Council members will not be carrying on and I wish them well in their endeavours.

In the 1994/95 financial year there will be a reduction in funding from both the Commonwealth and the State. However, the process of re-organisation will proceed and I believe that there is sufficient capacity within Family Planning South Australia to continue an outstanding level of service to the South Australian community.

SMEAR TEST + SKILLED STAFF = FPSA!

The national campaign for the prevention of cancer of the cervix, which was launched in November 1991, introduced a series of recommendations designed to improve the rate of early detection of changes.

One of the suggested strategies was to provide feedback for those who take the smears.

Recently, IMVS (the state pathology service) who handle all our pathology tests, provided us with the first analysis of all the smears taken over two 3 month periods at our Kensington clinics. All regular doctors and nurse practitioners were included.

From January to March 1994, 795 smears were

taken. From April to June 1994, 905 smears were taken.

IMVS were able to tell us what percentage of smears were normal; what percentage were abnormal, and make a comparison with smears taken from all other sources. (See Table 1)

The presence of endocervical cells is a major indicator of the adequacy of a smear sample. Our overall pickup rate for these cells was 94 - 95%. The average for smears taken from all other sources was 83 - 85%.

Future feedback from IMVS will occur annually and will include all clinics and all service providers.

Month	Normal	Benign Aytpia	Dysplasia	HPV
Jan - Mar 94	89%	7%	2%	2%
Apr - Jun 94	85%	10%	3%	3%
Lab Average	91%	5%	1%	1%

Safe Sex Message On the Wall

Graffiti Art made a big impact on young people in the Western suburbs during the statewide Safe Sex campaign in 1993/94.

The FPSA Western Team were involved in co-ordinating three "Safe Sex" - "Get Tested" Murals; at the University of South

Australia - Underdale Campus, the Parks Youth Service and at Port Adelaide (pictured).

These murals left a lasting impression on the local community and were great conversation starters around the issues of safe sex.

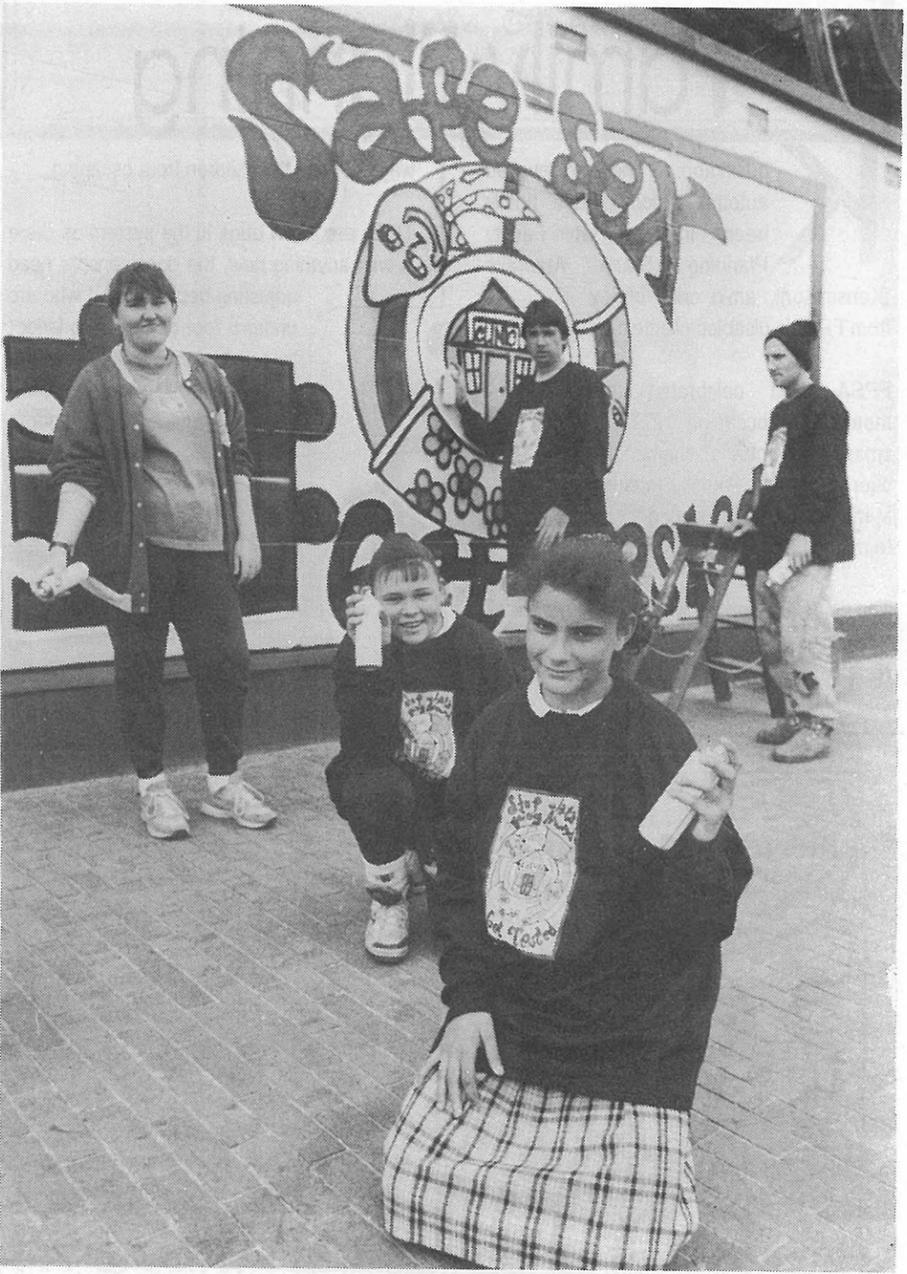


Photo courtesy of Messenger Press

Right: Students from local high schools complete safe sex mural on the wall of St Vincent Street's Golden Port Tavern.

SEX RESOURCES & VIDEOTAPES

The FPSA Resource Centre Service is a popular and very much in demand service offered to the South Australian community.

The Resource Centre has a wide range of videos and teaching resources covering subjects from Adolescent Development, Safe Sex, Relationships, Intellectual Disability and more. There is a Membership fee of \$50 per year. Catalogues listing all videos and teaching resources in detail are available on request.

The role of the Resource Centre Coordinator is to support teachers, youth and community health workers in the area of Sexuality Education by recommending Resources that are appropriate to meet their needs. The Resource Centre Coordinator is also available for Professional Consultation about Program Planning.



The Resource Centre provides expert assistance to community workers & teachers

Our Valued & Versatile Volunteers

No document which purports to comment on the annual activities of FPSA, would be complete without mention of our small band of dedicated volunteers.

Under the guiding eye of the Resource Centre Coordinator, these women provide those much needed extra hands checking resources, photocopying, collating information and all those time consuming activities which ensure the smooth running of our many professional education courses.

The work of volunteers in whatever capacity, is greatly appreciated by all of us at FPSA.

Ten per cent of people have had sex at work.

20th Century Comes to Family Planning

Kensington: The long awaited automatic doors have finally been installed at Family Planning South Australia (Kensington), amid cries of joy from FPSA's disabled clientele.

FPSA Staff celebrated this momentous occasion NOT by smashing a bottle of champagne over them but toasting Management for allocating funds to make this possible.

The doors are working wonderfully for parents with prams and small children. Clinic receptionists are now frantically searching for

ways to keep the children from escaping.

There are a few bugs in the system as there is with anything new, the door sensors need adjusting because staff who are under 5 foot need a step ladder to activate the doors. Also we are thinking of providing a drive through service as the doors open when a car is parked in front them!



We hope that these little problems that occur from time to time will be met with humour and patience by all those who visit.

Resource Centre Services



A selection of films, video tapes and teaching resources are available for hire by organisations and individuals running health information and education programmes.

All borrowers are required to sign a Membership Agreement prior to bookings being accepted. An annual membership fee of \$50.00 is current, giving unlimited access to all films, video tapes and teaching resources as listed in the catalogue.

Professional Consultation by appointment. Previews can be arranged free of charge. The Resource Centre is open for bookings and consultation, by appointment:

9.00am - 3.00pm
Monday, Tuesday, Thursday, Friday

On Wednesdays requests and bookings can be FAXED through on 364 2389 as the Resource Centre Coordinator is unavailable.

Collection and returns can be during clinic hours as follows:

Monday, Tuesday, Thursday	8.30 am - 7.00 pm
Wednesday & Friday	8.30 am - 5.00 pm
Saturday	9.00 am - 11.00 am

For further information, contact the Resource Centre Co-ordinator on (08) 31 5177 or (008) 188 171 - country callers.



THE CHIEF'S VISION

The Chief Executive Officer's Report

As FPSA moves towards its 25th Birthday it is valuable to reflect on the visions which have been achieved in South Australia over its first two decades of existence.

The 70's and 80's saw the organisation putting down its roots in South Australia to provide better choices and access to sexual health for the people of South Australia. FPSA has always strived to demystify sexuality and has been a credible, but not always popular, advocate for sexual health in this state.

The delivery of services at the local level has always been on our agenda and the foundations for regionalisation were built by staff with the support of the community during the 1980's with the first multi-disciplinary team being established at Christies Beach.

FPSA has also been responsive to a great deal of change in our society and has extended its programs and services to encompass health issues such as HIV/AIDS, Pelvic Inflammatory Disease and Sexuality and Disability and whenever possible has worked in partnership with the community and the health sector to improve sexual health for South Australians.

There is no doubt that in years to come people will look back on FPSA's work in 1993/94 and comment that it was significant for several reasons. The focus on groups in the community that traditionally have had less than equal access to sexual and reproductive services was strengthened. People recognised that the most successful action in addressing different groups' issues would be

achieved through locally based action. There was a renewed commitment to devolving resources to regionally based services.

The principles of social justice and primary health care were reflected more strongly in our programs and services. Organisational work was more clearly linked to social goals. There was a shift in who would hold the power in deciding community and client outcomes. This resulted in an increasing emphasis on community involvement and ownership.

As service providers our reflections were more about learning from our past rather than replicating what had already been done. This was particularly evident in our preparation for CHASP accreditation, the review of the organisation's planning processes and the re-assessment of community priorities.

The last 12 months has provided FPSA the opportunity to consolidate a vision for the future, a vision that has evolved out of consultation & research with the South Australian community, Council and staff and the policies of Federal & State health authorities.

The vision is embodied in our Strategic Directions document for 94/95 to 96/97 and provides us with a clear course for the next 3 years along with a foundation for operational, work unit and individual planning.

FPSA will have a bright future. The commitment of staff and Council members will ensure a responsive, effective organisation.

Drop In Pregnancy Testing (DIPTS)

The Drop In Pregnancy Testing Service (DIPTS) has been available for a number of years at the Kensington Clinic (Monday to Friday and Saturday morning) and at regional clinics mainly during clinic hours.

The aim of the service is to provide a quick, reliable, relatively cheap pregnancy test. No appointment is necessary. Any member of FPSA staff who has had some training can provide the service.

The test is done on a sample of urine. It takes about five minutes to get a result. The test works by reacting to hormones (chemicals in the body) which are increased when a woman is pregnant. These hormones are concentrated in the urine overnight so the first sample in the morning is likely to give the best result.

Only a small amount of urine is needed but the container must be thoroughly washed and

rinsed prior to use, so that no other substance can interfere with the test result.

In most cases a test result will be possible when the pregnancy is seventeen days or more from conception. For most women this will be when a period is three days overdue.

The charge for the test is \$8 but anyone with financial problems can discuss this and costs may be reduced or waived.

Now that FPSA has bases in the North and South access to DIPTS will be more widely available. People can ring their nearest base to find out when and where the service will be provided. Phone numbers for regions are:

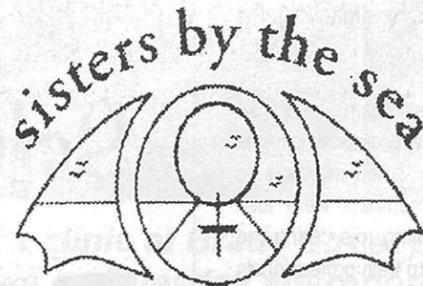
East/West (Kensington)	364 0444
South	384 9266
North	287 1229

MURPHY BOOKSHOP SISTERS

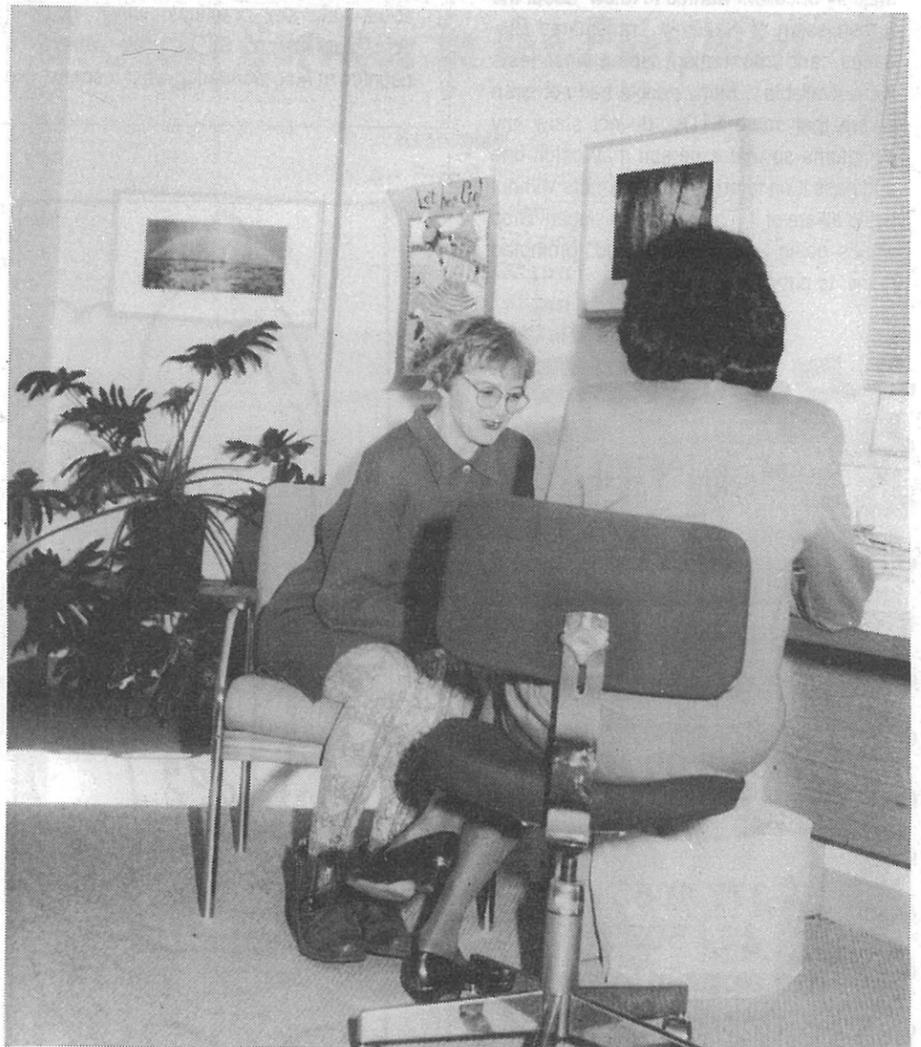
240 The Parade
Norwood SA 5067
Ph 08 332 7508
Fx 08 331 3559

For the best selection in books and music visit us at Norwood or Semaphore.

Adelaide's FEMINIST BOOKSHOPS



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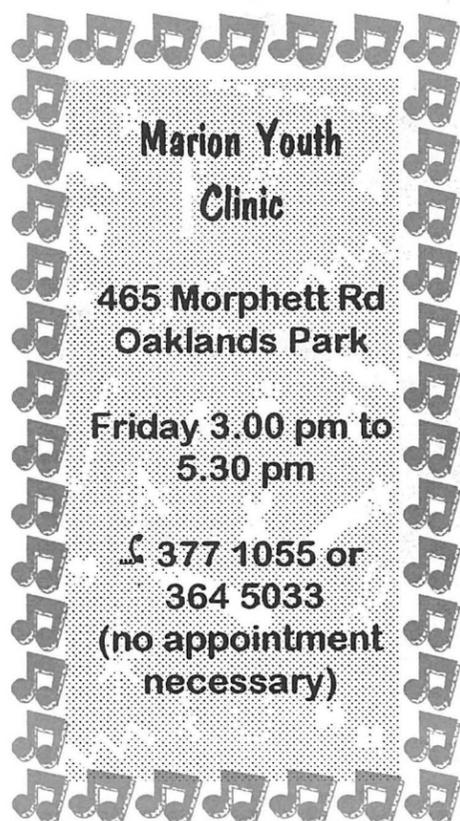
A FPSA client using our Drop In Pregnancy Testing Service (DIPTS).

FPSA Joins Safe Sex Campaign

Last year FPSA was very involved with the statewide safe sex campaign launched by the SA Health Commission. This campaign, whose primary target was heterosexual men in the 15 to 25 year old age range, aimed to give information about Sexually Transmitted Diseases and safe sex practices. A staff member was seconded to the Health Commission as a project officer for a period of seven months. Her major role was to co-ordinate and support the 24 metropolitan and country groups formed to distribute campaign information and printed resources at the community level, delivery of workshops and involvement in organising the campaign media launch.

All community services teams at FPSA worked with their regional groups who found many innovative ways of spreading the safe sex message. Staff members were also very active in their training role during the campaign. Workshops to train professionals and community members were held in the metropolitan area as well as Berri, Port Lincoln, Narracoorte and Wallaroo.

The Sexual Health Hotline phone number at FPSA was used on all campaign advertising to assist people wanting further information about Sexually Transmitted Diseases. The majority of callers wanted to know about the transmission of Sexually Transmitted Diseases and information about what tests were available. Many people had not been aware that some STDs do not show any symptoms so that a person may catch one and pass it on to any sexual partners without being aware of it. The campaign slogan "Stop what's going around, get tested" prompted many to have tests.



Marion Youth Clinic
465 Morphett Rd
Oaklands Park
Friday 3.00 pm to 5.30 pm
☎ 377 1055 or 364 5033
(no appointment necessary)

DEAR AGGIE

Dear Aggie

I think I might be pregnant. My period is two weeks overdue, but sometimes my periods are late. My boyfriend and I had sex a couple of weekends ago, but he didn't come inside of me. I can't go to see the doctor, because he is my best friend's dad, can you please help me.

Louise, Brighton SA

Dear Louise

The first thing you must do is to find out if you are pregnant or not. You can have a pregnancy test done at the Family Planning clinic at the Marion Youth Project. This clinic is a drop-in clinic offered by FPSA each Friday from 3-6pm. It is staffed by a doctor and two family planning nurses. This service is confidential and offers a complete sexual health service for young people in the inner south area.

Aggie

Safe Sex Winter Campaign

During the winter months of 1993 a safe-sex campaign was conducted throughout high schools and social settings in the Southern area. Six Peer Educators, Morgan Read, Andrew Street, Mike Van Dyke, Michael Chew, Michelle Sutcliffe and Kerry Smith were employed to work with groups of other young people to talk about safe sex practices, which included contraception and STD's. We were a bit daunted at first, wondering what response we

would receive, but were enthusiastic.

The schools were a great success and although the program was originally aimed at young males we worked with young women too. We had a fantastic time and it seemed that students, did too although there were a number of red faces during "volunteer" condom demonstrations.

The visits to football clubs were slightly different and if any peer educators were to

try again we would advise them strongly to avoid the clubrooms. Safe Sex information and condom handouts cannot compete while the Crows are on the TV screens.

Overall we felt that peer education was well accepted and a good way to promote safe sex. We were really pleased with the response and hope this work continues to grow.



Clinic Services in the South

Noarlunga Health Village

Alexander Kelly Drive Noarlunga

Monday, 2.00 - 5.15 pm

Tuesday 9.30 am to 12.00 pm & 1.00 - 4.00 pm

☎ 384 9266 (appointment necessary)

Flinders Medical Centre

Consulting Clinic G

Flinders Drive Bedford Park

Tuesday 6.45 - 9.00 pm

Thursday 6.45 - 9.00 pm

☎ 364 5033 (appointment necessary)

Noarlunga Youth Clinic

Noarlunga Health Village

Alexander Kelly Drive Noarlunga

Thursday 3.30 - 7.00 pm

☎ 384 9266

Clinics in the North

The northern clinics have had a reshuffle of resources in the past year with services now being offered to Aboriginal women at Brady Street Neighbourhood House, Elizabeth Downs and Youth at Second Story Youth Health Service Outreach at Elizabeth.

Brady Street

The sexual health clinic at Brady Street Aboriginal Neighbourhood House began on 14 September 1994 as a co-operative joint venture between the Aboriginal Community Recreation and Health Services Centre of SA Inc (ACRHS) and FPSA.

The aim of the clinic is to provide sexual and reproductive health service for Aboriginal women in the northern region. We have been allocated two clinic rooms for our use.

Brady Street also has a general medical service for Aboriginal people and there are opportunities for cross-referral from each organisation.

As part of the partnership between FPSA and ACHRS and Aboriginal Health Worker works with sexual health clinic staff and is given training and support in the area of sexual

health and community education. ACHRS provides transport to assist clients to get to and from Brady Street.

The number of clients seen has been small, but those who come, do so with complicated sexual and reproductive health issues which often require multiple visits. Psycho-social issues also play a major role often requiring extensive counselling and follow up visits.

Overall, there is great optimism amongst the workers that the service will continue to grow and be able to fill an important need in the Aboriginal community. With the help of our clients we will be able to plan a service to suit their needs as closely as possible.

Second Story

Second Story recently opened its doors in Elizabeth, providing FPSA an excellent opportunity to offer a third youth clinic in the northern region. It is ideally situated, being close to transport (rail and bus), Elizabeth TAFE college, Elizabeth Shopping Centre and schools. This clinic has been set up similarly to 2nd Story in the city.



Nunga women's clinic at Brady Street provides a drop in service on Tuesday afternoons.

Clinic Services in the North

Second Story Youth Health Service

6 Gillingham Street Elizabeth 5112

Monday - 3.00 - 6.00 pm

☎ 255 3477 (appointment necessary)

Salisbury Shopfront

Shop No 4, 72 John St Salisbury 5108

Tuesday 1.00 - 4.00 pm (appointment)

Thursday 2.00 - 4.00 pm (no appointment)

☎ 281 1775

Lyell McEwin Health Service

Community Health Services Building

Haydown Road Elizabeth Vale 5112

Thursday 1.30 - 4.00 pm

☎ 364 5033 (appointment)

Tea Tree Gully Community Health Centre

77 Smart Road Modbury 5092

Wednesday 5.00 - 8.00 pm

Thursday 2.30 - 5.30 pm

☎ 364 5033 (appointment)

Munno Para Community Health Service

Crittenden Road Munno Para 5115

Thursday 9.00 - 11.30 am

☎ 254 1444 (appointment)

Clinic Services in the East/West

Kensington

17 Phillips Street Kensington

Monday - Friday

9.00 am to 12.00 pm

1.00 pm to 4.00 pm

5.00 pm to 8.00 pm

Saturday 8.45 am - 11.45 am

Pregnancy Clinics:

Tuesday 5.00 pm - 7.30 pm

Friday 9.00 am - 10.45 am

☎ 364 5033 (appointment necessary)

Hindmarsh Community Health Centre

Cnr Orsmond & Milner Streets Hindmarsh

Tuesday 1.30 - 4.00 pm (appointment)

☎ 364 5033

Port Adelaide Community Health Centre

Cnr Dale & Church Streets Port Adelaide

Thursday 4.30 pm - 6.45 pm

☎ 240 9611 (appointment)

Second Story Youth Clinic

57 Hyde Street Adelaide

Tuesday 2.00 - 5.00 pm

☎ 232 0233 (appointment)

The LO-O-VE Gallery

Last year the Northern team worked together with young people to plan and develop a relationship resource.

The aim of the project was to produce a youth friendly visual resource which will enable young people to explore issues within their relationships.

We worked together with 3 students from Elizabeth City High School and community artist George Aldridge to produce the resource.

Workshops were held at the school with an ESL (English as Second Language) class to explore and debate issues around different aspects of relationships.

The students then spent two weeks work experience with George at his studio in Gawler. They developed the ideas further and spent time exploring

different media in which to portray the feelings. After much discussion it was decided to produce a Gallery of Pictures which could be hung in strategic places for all to see! We decided on the name Lo-o-ve Gallery!

It was on show at the recent Australian Adolescent Health Conference in July and we will be displaying it soon at our new northern base.

We are now into the process of developing these pictures into a resource which can be used by other community groups. They will be available from the FPSA Resource Centre at Kensington soon.



Community Artist George Aldridge, pictured here with Ali, Amy & Shivonne, worked with young people to produce the LO-O-VE Gallery.

New Youth Clinic at Woodville

A new clinic is to be set-up at the Diana Street Youth Service at Woodville. This is a perfect site for young people to access Family Planning as there are lots of other

facilities in the same building, including the DSS, Street Legal, youth workers, recreation programs, and a large range of support services especially for young people from non-English speaking backgrounds.

Woodville is an area of high need right in the middle of the Western region and has very few community health resources for local people. We will be keeping in touch with the hospital and local GP's about what FPSA has to offer.

Work in West Torrens & Hindmarsh

FPSA already has a weekly clinic on Tuesday afternoons 1.30 - 4 pm in the Inner West Community Health Service at Hindmarsh.

In the last few months we've also been involved in a project with West Torrens Council to increase access to health services by non-English speaking women. Adelaide's inner Western suburbs have many non-English speaking residents and the Hindmarsh clinic is looking to increase the numbers of people from this community who use our services. So far we've done a small amount of work through the Migrant Health Service with Phillipino women and more projects are being planned.

From the Medical Educators Desk

The past twelve months has seen a major shift in Family Planning South Australia's emphasis for training doctors. Whilst we still provide a nationally accredited certificate course in sexual and reproductive health for doctors, we now have an arrangement with the Royal Australian College of General Practitioners that all trainees undergoing general practice training spend two days attending a theoretical Introductory Course in Sexual and Reproductive Health at Family Planning South Australia. This new course covers the basic essentials of sexual and reproductive health care and includes input from the medical educator at Clinic 275. So far it has been very enthusiastically received by the trainees. On average 70 trainees will attend annually over 4 courses.

Another recent addition to our postgraduate medical training has been the introduction of evening sessions called "Update Modules". These modules cover topics in sexual and reproductive health care in depth.

Apart from these "on site" programs, there has been a greatly increased demand for Family Planning South Australia's input into other courses and programs, including the Royal Australian College of Obstetricians and Gynaecologists Diploma program, the South Australian Post-graduate Medical Education program, the Women and Children's Hospital refresher nights and the Pharmaceutical Society's update sessions.

Drop In Pregnancy Testing Service

No Appointment Necessary
A Quick and Reliable Pregnancy Testing Service.

Please ring the following numbers for details in your region:

- East/West: (08) 31 5177
- South: (08) 384 9266
- North: (08) 287 1229



PEER EDUCATION PROGRAM AT SHOPFRONT YOUTH HEALTH CENTRE

A Shopfront submission to the Innovative Health Services for Homeless Youth Program resulted in a grant that was used to train 5 young women and assist them to give information and education to young homeless women 12 - 18 in the Salisbury, Elizabeth and Munno Para council areas. Family Planning was represented on the advisory committee for this project and offered support and training to the peer educators. Family Planning South Australia sponsored the peer educators to attend an Australian Association of Adolescent Health conference held in Adelaide earlier this year.

Peer Educator's report by Kerri:

For the past nine months, Mel, Kate, Susan, Kirsty and myself have been meeting on a regular basis to discuss Sexual Health issues involving young women, and ways to distribute the information on a professional level.

CAMP

It came to us that the information should be given out in workshop style so, we decided to have a camp. The problem was to decide where to have the camp, the choices were the beach, Woodhouse and Mount Lofty Youth Hostel. We decided on Mt Lofty which is on the Heysen Trail.

The camp lasted three days. We talked about:

- HIV/AIDS
- Rape
- Child Sexual Abuse
- Mime
- Tie Dying
- Conflict Resolution
- Pregnancy
- Accommodation Resources
- Drugs & Alcohol
- Self Esteem & Assertion
- Self Defence

- Games
- Hikes

The feedback was very positive, and as a result gave us some encouragement to continue.

NEWSLETTER

A newsletter 'Back to Nature' was invented as a result of the camp so that the Peer Educators could keep in contact with the participants on the camp.

In the newsletter we wrote up reports of the seminars/workshops held at the camp and gave a short run down on the topics covered. It also included photos from the camp and some poems & puzzles.

OTHER PROJECTS

There have been other projects we have done, these include:

Farley Wright: Gave us three workshops on alternative health. This included information on meditation, reiki, chakras and the resources available.

Writing Course: This is a nine week project. We discuss poetry and better ways of writing. The project is run by Elizabeth Womens Community Health Centre. Our poems and short stories will be published in an anthology.

Quit Smoking: We had fun organising the taps, television etc. The aim was to make people realise what smoking does to you. We handed out pamphlets, and talked about personal experiences.

Bill of Rights: Was difficult to start with because it was all in jargon. After translating it, I had to put in "our" lingo. This is now being approved by the health centre.

AAAH Conference: FPSA sponsored the Peer Educators to attend this conference which was really great.



Peer Educator Kerri discusses the content of a peer education program with a health worker.

Acknowledgements

Our grateful thanks to the *Department of Human Services & Health* and the *South Australian Health Commission* for our ongoing funding.

Family Planning South Australia would like to thank the following companies for their ongoing support of the work of our organisation and publication of this report:

- *Adelaide Data Systems*
- *McNeils Surgical*
- *Pannell Kerr Foster*
- *Stamford Hygienics Pty Ltd*
- *Westpac Banking Corporation - Norwood*

Family Planning South Australia's

Northern Team Base

is located at

The Skills Centre
Saratoga Road,
PO Box 319
Elizabeth 5112

Telephone 287 1229
Facsimile 287 3696

Cervix Cancer Nurse Education Prevention

Cancer of the cervix can affect the lives of many people within the community not just women. It is estimated that up to 90% of cervical cancer in women could be prevented if a Pap smear is taken regularly every two years.

The SA Cervix Screening Program is currently conducting a campaign within the southern metropolitan region and a range of local activities, workshops and displays will be taking place throughout the area.

The emphasis of the campaign will be to promote the message to all women between the ages of 18 and 70 who have ever had sexual intercourse to have a Pap smear every

two years. Importantly, however, if women have any unusual symptoms such as abnormal bleeding, spotting or discharge, they should see their doctor straightaway.

For information, advice and to have Pap test women can contact their local GP, Family Planning South Australia or women's health centre.

For further information on local activities and workshops for women please contact Cathy Bennett, Southern Regional Coordinator, ph 384 9555; Christine Gates, Western Regional Coordinator, ph 47 7033; Mahamati, Northern Regional Coordinator, ph 252 3711; Jo Robinson, Eastern Regional Coordinator, ph 267 5366.

FPSA has, through its focus on providing continuing education programs for Registered Nurses in sexual and reproductive health care, contributed in an effective and important way to FPSA's primary health care philosophy and strategies. The course whilst available to all RN's has given priority to RN's working in rural and remote areas, migrant health, womens health and youth services.



of all theory course participants, and 90% of participants undertaking the clinical practice component were from rural and remote area South Australia and Northern Territory.

Providing continuing education for RN's in this specialist area is a vital link in the chain of PHC services offered by FPSA as Course Graduates directly apply preventative sexual health care strategies, in a "holistic"

framework to their communities of interest and specific target groups.

In the 1993/94 year approximately one third

What Do You Think?

Please tell us what you think about the "new look" Annual Report.

There's information on page 16 on how to do this.

- At any given moment 6,000,000 people are having sex.
- Insurance companies have found that an early morning kiss reduces your chances of a car accident.
- As long ago as 3000BC men were wrapping their organs in sheaths to prevent conception and keep off flies.



Rural & Remote Report

Providing adequate services for South Australia's minority country community is a challenge which faces most Health Services including FPSA.

Country South Australian's Sexual and Reproductive Health needs are serviced by a variety of people including the local GP, Health Workers, Womens Health Nurses, Teachers, Youth workers and well meaning Volunteers. While many of these people provide a credible service they are often handicapped by their limited knowledge, skill level and time.



For country people there is limited choice of access to services, and concern about empathy, being judged and anonymity often leads to delay or avoidance of seeking appropriate health care.

FPSA has a permanent presence at Port Pirie

with the provision of a Community Health Worker (part time) who provides an education, information and consultation service which has some impact on the north and west of South Australia. Using Community Development as a tool he has links with the community and many other service providers ensuring that sexual health is maintained high on the agenda, and has a large commitment to Youth and Sexuality and Disability.

FPSA also provides support for statewide initiatives such as the recent Safe Sex Campaign and Cervix Screening Promotion in country areas, both in promotion and training for workers.

The challenge of servicing the rural community is an ongoing one to which we as an agency are committed, despite the erosion of our funding and the logistics involved.

Family Planning South Australia's

East/West Team Base

is located at

17 Phillips Street
Kensington SA 5068

Telephone 31 5177
Facsimile 364 2389

Country School takes on Peer Education Project

How do you get the "Safe Sex" message across to young people in the country area? Peer education of course!

Late last year the Northern Team was approached by Adelaide Hills and Southern Fleurieu Peninsula Women's Health Service to respond to a recent report that showed young people in the Adelaide Hills area were finding it difficult to access information about Sexual Health issues.

We approached Birdwood High School and discussed the possibility of training 12 young people to be Peer Educators within the school. We sent out flyers, spoke to year 11 assembly, kept parents and school community informed and then interviewed prospective Peer Educators. We selected 14 (10 female, 4 male) and then organised the catering, venue etc. It was decided to hold the training over 2 days.

Towards the end of the training the Peer Educators decided on "actions" they

wanted to take. They were very eager and raring to go!!

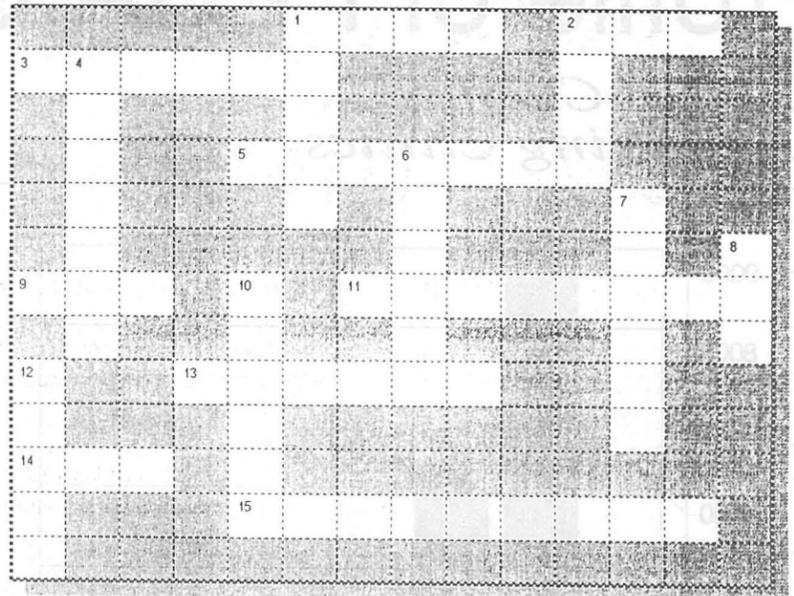
We were asked to an all school assembly where we made a "thank you" speech and presented them with certificates.

To date they are using a room near the library as a Health Room and they have decorated it with posters, put in lots of pamphlets and found some furniture to make it look comfortable. It is open during lunch times. The Peer Educators have been around to all the year 8, 9 and 10 classes to introduce themselves and the school has made name tags which identify them as Peer Educators.

They have lots of other ideas for spreading the SAFE SEX message.

It was a great experience to work with a school which was committed to the project and also to work with such an enthusiastic bunch of year 11's.

CROSSWORD



Across:

1. Type of sex everyone should practice.
2. Name of a smear test.
3. The only contraceptive which protects the user from STD's.
5. Not artificial.
9. A fun activity.
11. Expecting.
13. Used for feeding babies.
14. Contraception after the event.
15. A barrier method of contraception.

Down:

1. A Pap - - - - -
2. The most popular contraceptive.
4. Place where egg s are produced?
6. Womb
7. We need to safeguard our sexual - - - - -
8. Not long distance phone calls.
10. A monthly occurrence for women only.
12. A non-appointment clinical service



Participants enjoy experiencing learning activities in FPSA courses.

Community Educators Course

The Community Educators Course is FPSA's statewide training course for health and community workers. It is open to anyone who finds themselves working in the area of sexuality. And let's face it, sexual issues can emerge when you least expect them and in an amazing range of settings. Some workers who attend the course deal with sexuality a lot with their clients, and want to add to their knowledge and skill level; others have been plunged in at the deep end recently and are desperate for some basic skills and knowledge to help equip them for this work.

The course is in a modular format with a 2 day compulsory core component and a series of one day electives which follow. (See advertisement page 15).

We didn't run the course in the first half of the year due to being bogged down creating a new FPSA, but in the second half of 1994 there will be four core components and one of each elective offered.

During this time the Coordinator:

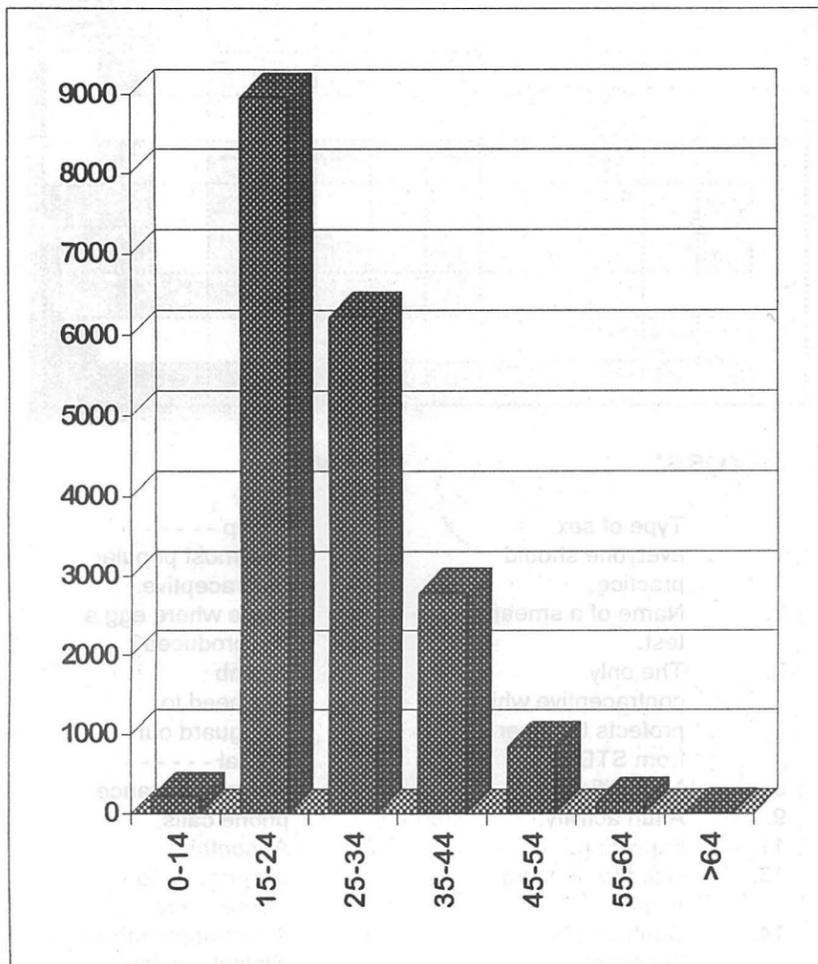
- undertook an impact evaluation of the course
- trained 2 regional FPSA staff members to facilitate in the course
- negotiated with the education department to modify the course and run it for school teachers
- contributed to plans to fit the course into FPSA's new structure.

Up to this point the course has been run from Kensington only, but in the new look FPSA, we hope to run the course in each region in order to make it more accessible.

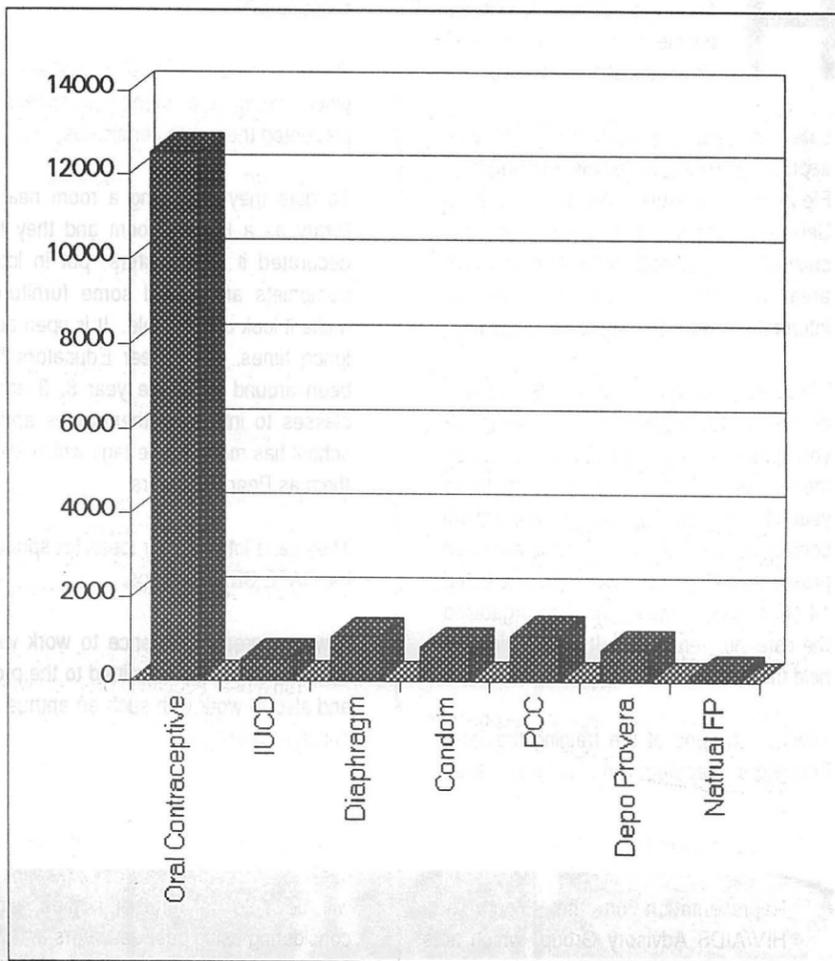
Other developments in the pipeline are a practical component and a system which links participants with FPSA workers in the PHC teams to get assistance to implement their new learning.

Profile of FPSA Clinic Clients

Age of Clients Attending Clinics



Choice/Contraceptive Method



Libido Lost In Limbo

Ken and Barbara couldn't believe that their passion for each other had dried up in just five short years of marriage. Barbara still loved Ken and felt bewildered and guilty at her lack of interest in making love with him. In fact, some days she felt she'd be happy never to have sex again.

Ken was losing hope too, and was feeling frustrated and panicky after so many knockbacks, or worse, silent submission from Barbara. He had tried so hard to interest her in sex, asking for it frequently, and bringing home blue movies and black underwear. Now he wanted to know if she could be fixed up - was it perhaps her hormones since the baby's birth?

This couple has become trapped in a common vicious circle, where their previous pattern of mutual desire and sexual response has got way out of balance. They are now in a pursuit cycle, with one chasing and the other fleeing, around and around, getting further and further apart; and possibly ending up hating each other.

Early intervention by a skilled counsellor can interrupt the spiral and, over time, restore the balance between them.

Ken and Barbara's story is just one of a wide range of problems people bring to FPSA. The two Social Workers were again kept very busy this year counselling people in the areas of sexual difficulties, unplanned pregnancy and abortion, relationship and gender issues, fertility problems, sexuality and disability, sexual abuse, and STD and HIV infection.

This year we also found time to help make a video on a common sexual problem in women - Vaginismus. The video and booklet called "It isn't that easy...Virginity, Sex, Vaginismus" is available for hire and purchase. It will help women, and their partners, who are unable to enjoy sexual intercourse because of the painful contraction of the muscles of the vagina and pelvic floor.

If you are troubled by any issue that could fit within the definition "sexual and reproductive health" and would like to talk it over face-to-face, then you are eligible for free and confidential professional counselling.

Hour long appointments are available at our Kensington base nearly every day, and next year will be offered at Woodcroft and Elizabeth.

Family Planning South Australia's

Southern Team Base

is located at

Woodcroft Community Centre
175 Bains Road
Morphett Vale 5162

Telephone 325 8164
Facsimile 325 8199

Youth Project Officer Position

The Youth Project Officer position was originally developed to maintain a strong connection with the HIV industry and in the last year several contributions have been made via this position including:

- Coordination of a comprehensive Family Planning South Australia response to the draft State HIV/AIDS Strategy, outlining particular areas in which FPSA could take a role following further discussion.
- Coordination a multi-agency response to the draft State HIV/AIDS Strategy from the perspective of Gay Men and Other Homosexually Active Men through the Men on Men Advisory Group.
- Coordination a multi-agency response to the Review of Aspects of HIV/AIDS Service Delivery in South Australia from the perspective of Gay Men and Other Homosexually Active Men.
- Representation on the "Youth and HIV/AIDS Advisory Group" which acts also as a project advisory group to the Youth Sector Training Council's HIV/AIDS Training Project.

- Co-facilitation of the core training of two days/four times a year of the Youth Sector Training Council's HIV/AIDS Project.

Outside the HIV industry the Youth project Officer has:

- continued a role as co-facilitator with the Community Educator Course Core and Electives.
- co-facilitated a two day program on young men's sexuality and gender issues for the Western Area Multicultural Youth Service and Woodville FACS.
- been successful in attracting funding to run a peer education program with young men in the inner southern region in association with the Marion Youth Project.

By the end of the year there will be a resource package developed on Peer Education which will be sold to funding bodies, agencies considering using peer educators and workers seeking guidance and contacts in the field.



Courtesy of Morgan Read

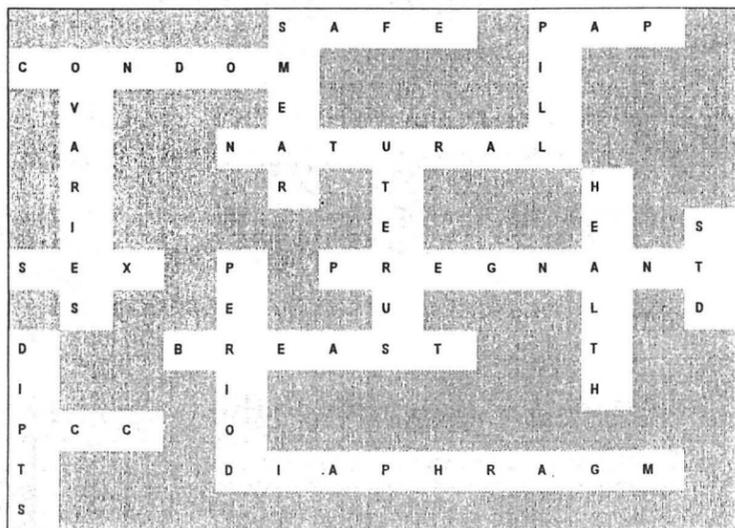
FPSA Life Members

Life membership is conferred on the recommendation of the Council of Family Planning South Australia in recognition of outstanding contribution to the organisation.

The Life Members are:

- Dr Karl Ball
- Mrs Pat Bockner
- Mrs Rosemary Boucaut
- Dr Shirley Broad
- Mrs Gwen Brooking
- Mrs Janet Browning, OAM
- Dr Ina Campbell
- Mrs Margaret Clark

- Professor Lloyd Cox
- Dr Kerrie Davies
- Dr Olive Johnston
- Mrs Heather MacDonald
- Mrs Dianne Morris
- Dr John Porter
- Mrs Beverley Sayers
- Dr Winifred Wall
- Mrs Elizabeth Yeatman



Community Educators Course

"Teaching About Sexuality"

This is an accredited certificate course with Family Planning Australia, designed to meet the needs of people who find themselves working the area of sexuality education.

The course will increase participants' awareness of issues in sexuality and sexual and reproductive health and enable them to develop skills in community sexuality education. This course is structured in accordance with the Training Guarantee Act.

Core Component: 2 day core, participants will start to identify the role that attitudes and values play in decision making and behaviour and to acknowledge the range of values in sexuality.

Elective Components (1 day):

- Surviving Education (Program Planning) ❖ Beyond the Stunned Silence (Communication Skills) ❖ Safe Sex - A Non-Negotiable! ❖ Everywoman (Womens Sexual & Reproductive Health) ❖ Fumbling in the Dark (Adolescent Sexuality) ❖ Demystifying Sexuality & Disability ❖ HIV/AIDS.

Telephone 31 5177 for further information.

Client Rights Client Rights Client Rights

When you use FPSA services you will be treated with respect, and receive the best quality health care at all times.

This means that:

- + You will be listened to and taken seriously.
- + You will be given full information about your health, and your choices for treatment.
- + You will be spoken to in a clear manner and in a language you understand.
- + You can say NO to any treatment or advice offered.



At FPSA we keep records to help plan your health care.

- + You can read your file.
- + Your personal information is kept strictly confidential. (No one other than you and your FPSA health workers have the right to see your file unless your permission has been obtained. In certain legal situations information may have to be released - ask us about how this may relate to you.)
- + You can refuse to be seen by a student.
- + You can refuse to have other people present during your appointment.
- + You can ask to change the worker you see.

If you have comments or complaints about FPSA services you can:

- + speak directly to your health worker
 - + ask to speak to a manager
 - + fill out one of our comment forms, usually kept at reception
 - + contact a member of our Council (see below)
 - + write to or call our Chief Executive Officer at:
 - 17 Phillips Street Kensington 5068, or
 - Telephone 31 5177
- Her name is Kaisu Vartto.



Contact our FPSA Council Members (Board of Directors) via FPSA on 31 5177. The President is Mr Jim Birch. Other members include: Danny Broderick, Michelle Hogan, Helena Johnston, Meredith Hodgson, Alison Partridge.

Client Rights Client Rights Client Rights

Family Planning South Australia

Clinical Services

Family Planning South Australia staff provide confidential services for:

- Contraception
- Smear Tests
- Breast Examinations
- Sexually Transmitted Diseases
- Safe Sex Information
- Pregnancy Tests
- Unplanned Pregnancy Counselling
- Referral for Termination of Pregnancy
- Referral for Antenatal Care
- Menopause
- Difficulty with Becoming Pregnant
- Emergency Contraception
- Referrals to Specialists
- Counselling Services

Answer to question on page 4:
An incunabulum is a book printed before 1501, so you would take great care of it.



FPSA is a sexual health service which serves the South Australian community. We want to respond to community needs & priorities. If you would like to be involved in some way, if you feel that you would like to tell us what you think about our service or have ideas about how we can improve it please contact the Chief Executive Officer, FPSA 17 Phillips Street Kensington or phone 31 5177.



FPSA supports the recycling of waste products. Please recycle this paper.

Council, Management & staff of FPSA would like to express their appreciation of Rae Birch and Desiree Schild for their enthusiasm and creativity in coordinating and producing this Annual Report.



This publication, with the 1993/94 Audited Financial Statement, constitutes the 1993/94 Annual Report of Family Planning South Australia.

