



SHine SA

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Annual Report

2006-2007

64c Woodville Road Woodville



new location in the west

Youth

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Aboriginal & Torres Strait Islanders

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Disability

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Culturally and linguistically diverse

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Gay lesbian bisexual transgender intersex queer

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Regional rural remote

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Workforce development and resources

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Youth Advisory Teams



All Y@ Meeting

The collaboration of young people at the bi-annual, world renowned All Y@ Meeting was an exciting opportunity for great minds to intermingle. Hosted by the Southern Team, at the fresh and healthy Green Bean Café, it was a gathering to share ideas, catch up on the work of other teams, get to know new people, learn about new strategies and enjoy some delicious food. The theme for the evening was masquerade, with Y@s coming along in an array of interesting masks, the East/West Team looking especially festive.

Members of the Southern Team ensured the meeting ran smoothly and that everyone had an opportunity to share in the presentation of ideas. Reports from each team were presented, the Southern Team talking about their recent events (Schoolies, Big Day Out, team building day at Warrawong and *Shine With Sound* Youth Week event). The East/West Team dressed up and put on a show of their focus groups (ATSI, disability, lesbian, gay, bi, and more) and the Northern Team reported on their strategy ideas for designated roles in teams.

There was more than enough yummy, healthy food on offer in a wide variety (accommodating for vegetarians, different tastes etc.) and the service was fantastic. The get-together enabled us to get to know the members of the other teams in a friendly and safe environment and we all got the chance to hear about other people's experiences and opinions, allowing us to gain a better idea of what SHine SA is all about. All Y@ meetings are a great idea as they involve a diverse range of people from different areas with different ideas to gather and share ideas, all working towards the same common goal.



All Y@ Meeting

Bianca

Spreading the word on youth participation

'Youth Participation is about developing partnerships between young people and adults in all areas of life so young people can make a contribution with their energy and ideas to the community and take a valued position in our society.' (Ewin 1994)

On 29 November 2006 Luke, Skye and I presented at the *Climates of Change* Conference held at the Stamford Grand Glenelg. The quote above was used in one of our opening slides and summarises what youth participation is all about.

We were invited to the conference by the Associate Professor of the Department of Public Health at Flinders University and presented on the topic *Youth Participation as a Catalyst for Changing Health Services*. Included in the presentation was describing, giving strategies for and benefits of youth participation/peer education and youth participation/peer education as a change agent. The conference was also a great opportunity to use the *Y@s, Camera, Action* DVD and after some technical problems it all ran very smoothly.

The organisers of the conference were so impressed with the presentation (especially the youthful enthusiasm of Luke and Skye) that we were invited to present at the Consumer and Community Participation Short Course. Our workshop was entitled *Examples of Youth Engagement*. Sue, a SHine SA team manager, was also invited to present about management issues surrounding youth participation.

The workshop was held on 14 February 2007 and was more interactive, including participant involvement and a role play performed by Luke and Skye. We were able to show more of the *Y@s, Camera, Action* DVD, which everybody loved, and copies were requested for participants to use in their own work. Most of the attendants at the short course were middle to senior management, including many rural and interstate workers.

Evaluation feedback was received and the comments were extremely positive.

- 'Powerful session with team from SHine, Luke and Skye are brilliant, eloquent, inspiring and make you think.'
- 'Youth session—diagnosed lots of ideas re: process and procedure even though it was specific to youth. Many issues relevant to all contents.'
- 'SHine presentation—fabulous—very inspiring.'

Both the conference and the workshop involved a lot of preparation and hard work, but it was also a lot of fun and very worthwhile.

Kellie

Southern Y@ Adventure



East/West Y@ Reflections...

What a fantastic, fabulous and frenetic year it has been... 2006–07 can be summed up as a year where the East/West Y@ consolidated and began to grow and perform as a fully functioning youth team. This was because many of the young people were new to their Y@ positions and needed time to be trained in all things 'SHine SA' and in particular their role as Y@ members.

Throughout the year the East/West Y@ has participated in many health promotion activities, large scale events, forums and conferences for young people, as well as acting in their advisory capacity. Again we had a presence at the Feast Festival, Big Day Out and Schoolies. A number of our members either attended or presented at conferences or workshops, both locally and interstate, that addressed issues connected with domestic violence, health promotion, Indigenous young men's health and welfare, GLBTIQ, and disability. The Y@ provided feedback on a proposed Youth Charter and for various new information publications for young people.



Southern Y@ Adventure

South Y@ Adventure

Our Y@ team building was one of fun and adventure at Urimbirra Wildlife Park. First we started with a great lunch at Cafe Primo in Victor Harbor (good garlic bread and bad breath all day) then headed on to Urimbirra. Although we (or me) weren't wearing the best shoes we proceeded on our adventure. We learnt about fears of kangaroo tongues and red-eyed koalas but all in all we overcame our fears to have a good day. We experienced the wildlife feeding patterns, like crocodiles eating chicks and emus trying to eat the pellets but tipping them on people's heads instead, and finally the birds deciding that Kellie's head looked good to peck at. We visited Urimbirra to have fun and we had lots of fun including patting the koalas and also hand feeding the kangaroos.

Rebecca

The team was also consulted around the design and layout of the new GP Plus Health Care Centre and the community engagement process. Other agencies interested in adopting our youth participation model have also consulted our members to gain a better understanding from their perspective of how SHine SA involves young people.

Moving into the new Woodville GP Plus Health Care Centre has allowed the Y@ to develop connections with the partnership agencies' youth teams and consider bigger and brighter options, ideas and opportunities.

This year marks what has been nearly six years since SHine SA introduced Youth Advisory Teams to each Primary Health Care Team. Each regional team speaks highly of the success and celebrates having such dynamic young people working alongside and supporting a progressive and forward thinking organisation. In this time we have introduced Youth Participation and Peer Education and are now looking at Peer Partnerships and Youth Ambassadors as additional models, and are thus moving SHine SA and the young people into a new realm of possibilities. We look forward to the coming year with much anticipation.

Rob

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This publication, together with the 2006–2007 audited financial report, constitutes the 2006–2007 Annual Report for SHine SA.



Youth Advisory Teams



SHine with Sound

For National Youth Week 2007 SHine SA's Southern Youth Advisory Team came up with the idea and created an event called *SHine with Sound*. The original idea of doing something unique for National Youth Week came from many discussions relating to what could occur and how much funding was allocated from the yearly budget. As there were limited funds the chances of either having an individual activity or joining in other youth week activities were also limited. Then an opportunity arose to obtain a National Youth Week Grant from the Onkaparinga Council.

To obtain the grant, the Y@ needed to come up with ideas as to what could occur, who could be involved and where the activity could be held. After some discussions and phone calls to the relevant people it was decided that the event would be held on Saturday 14 April at Ramsay Place (outside Colonnades) at Noarlunga.

Now that the day, time and location of the event were arranged, the entertainment for the day was next. The Y@ decided that the event needed to have as much youth participation as possible so it was discussed and arranged with the Reynella Enterprise & Youth Centre for five of their youth bands to play on the day. Apart from the bands the Y@ arranged for two dance performances by Flava Dance Studio, which is a local hip hop and funk dance club for young people.

In addition to the bands and the dance performances it was decided that some form of entertainment that everyone could participate in was also needed, therefore a Circotron was hired.

As well as having entertainment the Y@ agreed that they needed to create a banner for the day. All of these details needed to be entered into an application form and sent into the council. After some time the Y@ received the news that the event could go ahead as they had been lucky enough to be granted the National Youth Week grant.

After receiving the grant and before the day could happen there were many meetings that needed to be attended, forms that needed to be thoroughly read and completed and many phone calls that were made by the Y@ and staff members. This was to organise, finalise and check that everything was properly arranged. After everything was arranged the Y@ was contacted by a local pipes and drums band who wanted to be a part of the day. The Y@ agreed and was able to find a time slot for them.

When the day finally arrived everyone was excited and hoping it would be enjoyable for everyone involved. Thankfully there weren't many problems during the day and everyone did enjoy themselves.

SHine with Sound was a success and it showed that with commitment and brilliant ideas, young people can work together to create an event that is attractive and entertaining to not only young people but to other members of the community. The day provided an opportunity to talk with young people about safety and relationships and was a fun way to raise awareness of sexual health and SHine SA services.

Jemma



Southern Y@

This year the Southern Youth Advisory Team (Y@) has been action packed with lots of things on the go to keep us really busy.

We recruit members for the team annually around June. The new members from last year have settled in well and are now ready to help out this year's new recruits. Y@ recruitment is a great opportunity for existing Y@ members to be part of the interviewing process.

Our monthly meetings have been going well with full agendas. We also had fun planning the recent All Y@ Meeting, which was held at the Green Bean Café. It had a masquerade theme.

There has been plenty of training and development on offer for Y@ members, including the new Y@ training where existing Y@ members help to facilitate, health promotion training, contraceptive updates and other professional training opportunities.

We've also had lots of requests for Y@ involvement at focus groups, and talking to young people about SHine SA services. And we can't forget all the events, such as Schoolies, SHAW and Big Day Out! One of the most exciting opportunities to arise has been for one Y@ member from each regional team to attend a conference in Sydney – this is just one example of

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how opportunities can arise when dedication, hard work and commitment are displayed.

We've had guest speakers come to our meetings, from people wanting to know more about how to set up their own Youth Advisory Team at their workplace, to group workshops on various topics.

As a team building exercise, we decided to go to Urimbirra Wildlife Park at Victor Harbor to pat the animals. A few people were scared, but they soon overcame their fear and had a fun but exhausting day.

SHine with Sound was a National Youth Week event, which was organised and run by the Southern Y@ members. They applied for funding and organised entertainment, amusements and decorations. It was a lot of hard work which paid off in the end to make a great event.

I've really enjoyed working with the Y@ over the past year. They are young people who have the capacity to inspire others and make a positive change in the community. I will definitely miss them.

Kellie

Y@ in the North

The Northern Y@ has been busy over the past year. The first main event we attended was the BoBFest (Battle of the Bands) at Freeling Oval. Tamika and I wandered through the crowd, talking about SHine SA and giving out wallet cards and stickers. We had to stop eventually because the music was so loud we couldn't hear ourselves talk!!

We participated in Big Day Out with the South and East/West teams – Emma and I attended the afternoon shift. We mostly sprayed people with water (it was an exceptionally hot day), spoke to young people about how they were managing the heat and assisted those using the chill-out space when needed. AND got to hear some great music while doing it!!

Sexual Health Awareness Week (SHAW) saw us repeat some activities from previous years with mixed success. Given this was my first SHAW as Y@ worker, I relied heavily on the experiences of the Y@ and they didn't disappoint! We will be even better equipped for SHAW 2008!!

We attended one youth event for National Youth Week in Gawler with local bands strutting their stuff for young people to enjoy. Although some of them did not get a good rap from the attending Y@ members, in a few years we might be seeking out their autographs, you never know!!

Behind the scenes, we have farewelled Luke as a Y@ member but hope he will remain closely involved with SHine SA in a range of different roles. He is an asset to the organisation and is missed greatly by the Y@s. Of course, Luke did get the opportunity to travel overseas (London) to attend the 8th International London Youth Working Group Meeting for the Planned Parenthood Federation as the youth representative for the Asia–Pacific region, and has provided lots of information and resources on sexual health agencies in England.

The Northern Y@ is also trying out a system of having each member take on a role for 6 months in an effort to learn the ins and outs of the role and attend to the tasks assigned to that role. So far there have been a few hurdles to overcome, but hopefully it will get better. The roles are Chair, Minute taker, Media person, Program planner and Advisory person as well as the Y@ worker role. There is still some work to do to refine these roles and assign tasks and duties to them. It is hoped that this might also identify areas where training might be useful for the future.

Currently, we are in full recruitment mode and have had some interest so far. Training is in mid-July, so this is the priority at the moment!! We are all hoping the next year will be even more productive than the past one has been.

Abby

Chillin' out at Big Day Out!

As one of the Y@ members from the south I had the opportunity to attend this year's Big Day Out in February. The day was separated into three different shifts. I was on the morning shift with Rob and Hannah from the East/West Team. When we arrived, we set up the chill out tent and introduced ourselves to the other services.

The chill out tent was a different approach to other years. We were situated in a large tent with bean bags, chairs and carpet where young people could come and hang out, gather information and just relax.

We were sharing the tent with other services such as The Second Story, Quit SA and Drug & Alcohol Services SA. SHine SA staff were offering information about services, answering questions and helped to refer people to first aid officers.

We found that young people felt comfortable coming into the tent as it wasn't as intimidating for them and they weren't expecting an information overload. Most people came into the tent to escape the heat, get sprayed with water bottles and then rest and collect information if they were interested.

The atmosphere of the day was electric and the bands that I got to see afterwards were awesome (especially The Killers). I'm so glad that I went and next year I hope to go again.

Lauren

Y@ing about

'Tell us about the Y@s' has been a common request for the Youth Advisory Team (Y@) program this year. SHine SA is very willing to talk to agencies about the program, which is now in its fifth year.

Commencing in 2002 with 18 young people being recruited into the program, the number of Y@ members has grown to 24. There are three Y@s, one attached to each of the Primary Health Care teams. They meet regularly each month and more frequently when working on a specific event or activity.

Over the past 5 years, the program has 'evolved' with input from young people and in response to community and service needs. The role has a number of functions including an advisory and

health promotion role. The Y@ program was evaluated in 2004 by the SA Community Health Research Unit (SACHRU).

This year the Y@ members have had the opportunity to be involved in the development of the Woodville GP Plus Health Care Centre, having input into design and colour. Four Y@ members had the opportunity to present at a number of conferences or forums in South Australia, interstate and overseas, with another member due to go to India in October 07.

The Y@s provide many varied opportunities for young people, and support and training is in place to ensure they have the skills and knowledge to fulfil their roles as Y@ members.

Sue

Southern Y@



Young people



Craig (right), Mark & Ford shell

A True Classic

Workers from Shine SA's Southern Team have provided some workshops to young people in a restorative justice program. The Classic Automotive Youth Training Program allows young people to make amends to the community and learn new skills at the same time.

Their last project was this 1965 Ford Falcon Coupe. . . a True Classic!



Craig

Kellie (second from right) with some young people at Schoolies Week

Schoolies 2006

Every year around November, young people from all over the state travel to Victor Harbor to celebrate finishing Year 12. 2006 was no different with crowds of young people attending the Schoolies Festival, and some of SHine SA's staff were there to capture the atmosphere and to promote health and safety once again.

In 2006, Schoolies was made a SHine SA organisational event, which meant that staff from other SHine SA teams were able to experience the Schoolies phenomenon. On the Friday night, Jody, Lauren and I attended, and on the Saturday Edwina, Rob, Bec and Skye attended, with lots of action happening on both nights.

Before the big event, the Southern Team and Y@'s were kept busy with lots of planning and also lots of packing of resources! We took stickers, tattoos, glow sticks, chupa chups and condom packs. The crowd loved the glow sticks and they seemed to disappear pretty quickly along with the chupa chups.

Kellie and Jody at Schoolies Week



This year we also decided to try something a bit different and go into the caravan parks in the afternoon where all of the school leavers made their base. It was there that we could walk around and chat to young people about being safe without the loud music and distractions. We were there with the police and volunteers who put on a BBQ. On Saturday afternoon SHine SA staff were able to listen to the police band who came to provide the school leavers with some light entertainment.

All who attended the Schoolies Festival from SHine SA had a great time and we look forward to the 2007 event where we will be adopting the chill out safe space tent idea in collaboration with other service providers. This concept was used at Big Day Out to help keep young people safe while still having lots of fun.

Kellie

Why we work with young people...

State and federal government policies identify sexual health as a significant health issue for people under 25 years of age. The highest concentrations of young people in South Australia are found in the outer northern (Elizabeth, Munno Para, Salisbury), outer southern (Noarlunga), the middle and inner west and north western suburbs, as well as some rural and regional areas.

These are also identified as areas of multiple social disadvantage with the poorest health status. Young South Australians are the future of this state and SHine SA is committed to working with young women and young men to improve their sexual health.

Young People & Young Adults Portfolio Group

In 2006–07 the combined Young People (19 years and under) and Young Adults (20–30 years) Portfolio Group focused on a number of issues pertinent to both groups:

- Research on youth-friendly evaluations to support SHine SA to better evaluate its services to young people and young adults. A student from Uni SA undertook the research in consultation with the portfolio group, and in 2007–08 we will look at development and implementation.
- Some members of the portfolio, along with youth advisory team (Y@) members, presented a scenario-based session to the all-of-staff meeting on effective ways to engage with young people, following feedback from some young people on how our first contact could be improved.
- Following the redevelopment of the *Guys' sex stuff* pamphlet, targeting young men, members of the youth advisory group saw the need for a female-specific resource. After much consultation with a wide range of young women, the production of a *Girls' sex stuff* pamphlet is underway.
- The Professional Education & Resources Team incorporated the previous year's work of the portfolio (the development of a 'gender and power' paper to guide SHine SA work around the issue) into a forum during Sexual Health Awareness Week.
- Currently the portfolio group is working on developing a youth charter for the service and young people, and is in the process of consulting with the Y@'s on this.

Sue

Why we work with young adults...

Despite increasing independence and life experience, young adults have relatively high rates of sexually transmitted infections and unplanned pregnancies. They also often have less access to appropriate education and services, particularly if they are outside of educational settings. SHine SA believes that young adults need services and information that is relevant to their needs.

Cavan Training Centre

SHine SA ran a program at Cavan Training Centre teaching young people in secure care about sexual health and sexuality issues. The group of young men were consulted about what they would like to see in a program and what issues they considered important to discuss and learn about. There was some lively discussion and interesting debate about achieving good sexual health outcomes and how to engage in healthy relationships. We delivered over a three-week period twice a week. We covered a range of topics and the young people really enjoyed some of the games that we played. We had seven young people attend the program, and not only did they learn heaps, but they also taught us a lot!! This successful program will be ongoing.

Jody & Juliet

Kellie from SHine SA (centre) with Luke and Skye. They presented at the *Climates of Change. Strengthening Primary Health Care and Health Promotion in Health Services Conference* on their youth participation and peer education work and how it has been a catalyst for change at SHine SA.



Secure Care Programs

SHine SA continues to strengthen its positive working relationship with the metropolitan secure care training centres by providing up-to-date and relevant relationships, sexual health and wellbeing information and education programs to the young men in their care. Participants enjoy the topics covered and are actively involved in discussions about relationships and sexual health concerns of young people. SHine SA is constantly improving the health information that is shared with young people and, in particular, its appropriateness for Aboriginal residents.

SHine SA again supported two young Aboriginal men, a trainee youth worker and a peer educator, to be actively involved in delivering the programs within secure care. This continues to be popular with the young Aboriginal male participants and is successful in terms of exploring the cultural issues as they relate

to relationships and sexual health.

In 2006 Cavan Training Centre and SHine SA worked together to address the issue of bullying and harassment among young men. A two-day program addressing the topic was developed and facilitated by SHine SA, and all residents and staff were involved. At its conclusion residents understood the origins, impact and effect of bullying and harassment upon individuals, groups and communities and learnt strategies to reduce the incidence of such issues arising.

Feedback from Centre staff indicated the program was successful in addressing these issues and equipping the young men with necessary skills to support their learning, safety, health and wellbeing.

Rob



Young people



Luke, SHine SA Youth Advisory Team member in front of the Brook Headquarters in London.

SHining overseas: 8th Youth Working Group Meeting, London

I have been lucky and am grateful for being involved with Shine SA for the past five years. Through being a Youth Advisory Team member I have grown as a person, and contribute to my community in many meaningful ways. I am also grateful for the wide range of opportunities my involvement has created.

I was nominated by Shine SA to be the Youth Representative of the South East Asia Pacific region at the 8th Youth Working Group Meeting in London, April 2007. The International Planned Parenthood Federation (IPPF) hosted the meeting. I also had the opportunity to visit two services in the UK that provide sexual health services to young people, namely Brook Advisory Centres and FPA UK.

The IPPF meeting was a two-day meeting with other young people from countries including Palestine, Yemen, Ghana, Hong Kong, Russia, Macedonia, Nepal, Sri Lanka, Brazil and Mexico. The theme of the meeting was working with young men, in particular working with young men around sexual and reproductive health.

Over the two days we explored the issues of working with young men from international and personal perspectives and those of our member associations. We examined what it means for young men to engage in sexual and reproductive health. The second day sought to move forward on the issue, and we examined experiences from the field of current projects going on around

the globe before identifying how to move forward on the issue at various levels.

Upon my return I compiled a 50-page report outlining and reporting on the international learnings. The report encapsulates and documents the visits to other services and the Youth Working Group Meeting. Based on the international learnings the report also makes some recommendations on the issue of working with young men around sexual and reproductive health. An important point made is that we need not establish men's health in opposition to women's health, but rather we need to take an approach that consults men and women in accessing services. Therefore I encourage all organisations to continue to develop and build on existing programs and work in partnership with young men around the services that they want and need. The report has been lodged with SHine SA and the Sexual Health & Family Planning Association.

Overall it was a fantastic and fun opportunity to meet with other people and network with people from different countries. It was an incredible experience and has inspired me to do something with the report that I have created and take an active part in putting men and sexual and reproductive health on the agenda. I am thankful that I received such an opportunity. I am sure there are many learnings from it that will help me in my life journey.

Luke

Still ‘Talking Realities’

WOW! SHine SA has been involved with the *Talking Realities* project for nearly 9 years, since the beginning when it was just an idea being ‘rolled’ around by a worker and some young mums. Surely this must be a record for continuous involvement in one project.

The Northern Team has continued to work in collaboration with Para West Adult Campus and Central Northern Adelaide Health Service in training young mothers in the Playford and Salisbury areas to become peer educators for the northern *Talking Realities* project. At the end of December 2006 another 6 young mothers completed their training towards becoming peer educators. We started with 12 but due to a range of circumstances a number were unable to commit to the full training. It is hoped that whatever training they participated in will be helpful in their lives.

This year we started with another 11 young women who were pregnant or parenting and now have a core group of 8 attending the training. The group started in February doing a range of craft activities as the young women got to know each other and got used to attending school for 4 hours on a Friday. Training started in earnest in March and we have now completed the first half of the training, which lasts 24–26 weeks. This year's participants are a little older and have also had previous contact with the school through other Family Learning programs.

We were fortunate to be able to extend the grant that we received in 2006 from Community Benefit SA. This has allowed us to continue providing lunch and some social activities – essential for keeping the spirits up!



Participants of the Talking Realities program.

The success of the project owes a lot to Stacey who is the Peer Support Worker. Stacey is the bus driver, provides the shoulder to lean on in times of crisis, is wonderful at photocopying and has a great sense of humour. Thank you Stacey.

The Northern Team also continues to support the Riverland *Talking Realities* project, funded and run through the Riverland Regional Health Service. We provide 2 days of relationships and sexual health training to each group of peer educators in training. Our involvement is important as it helps young women in rural areas get information they may not be able to access locally. It also provides opportunities for networking and collaboration on other projects in the area.

Talking Realities is a great model of youth participation and peer education. Many of the young women that have been trained from the various projects across the state have gone on to be involved in other organisations and continue to advocate for the rights of young women who are pregnant and parenting.

Juliet

East/West Team indulge in some pampering: SHAW 2007

For Sexual Health Awareness Week (SHAW) 2007, the East/West Y@ came up with the idea of holding two ‘pamper days’ for pregnant and/or parenting young women, and women and children living in alternative accommodation as a result of domestic violence.

The first pamper day was held on Valentine's Day for women who had experienced domestic violence and the second on 19 February for young mums. Each Y@ member was given a particular role allowing them to spend time with the women, sharing their experiences and having shared joy. Face and body painting, pamper bags, luxurious hand treatments, and personalised body treatments were the order of the day. Our Y@ worker Rob enjoyed spending time with all the gorgeous babies in the room, while most of the mothers were thrilled to have some quality ‘me’ time. Before they left they were presented with some pampering gifts from all of us and information about some of the services SHine SA provides.

We all learnt so much from the people we spent time with on both those days. The Y@ members found the experience to be rewarding and uplifting and will consider something similar for SHAW 08.

Talia

Youth participation at Woodville

This year SHine SA and the partner agencies at Woodville GP Plus Health Care Centre held two Youth Participation Forums to increase young people's connections with the new Woodville site. Over 20 young people attended the forums, representing youth advisory groups and peer education projects including:

- SHine SA's East/West Youth Advisory Team
- SHine SA and The Second Story's Multicultural Peer Education Project
- The Second Story's Inside Out and Evolve projects
- Western Primary Health Care Service's Youth Consultants, Talking Realities and Tune Into Your Health Peer Education Project

These young people increased their knowledge of the partner agencies based at Woodville and the services being delivered. They also contributed to the development of a Youth Partnership Project, where young people and the partner agencies are planning to work in collaboration. The young people expressed a range of ideas about youth partnerships:

- ‘Youth partnership is where collaboration takes place between young people, workers and organisers’
- ‘Young people and workers are on the same level, as equals’
- ‘All levels of the organisations need to acknowledge and support youth partnerships’
- ‘For a youth partnership to work, we need young people's ideas to be heard and recognised’

- ‘We want to run more forums, more promotion about the building, more advertising on radio, in councils and schools’

The young people were keen to be involved in a Youth Partnership Project by assisting in writing grant applications as well as the planning and implementation of a project. Some initial ideas for a Youth Partnership Project include a Youth Health Conference driven by young people for young people in the Western region, Youth Ambassadors delivering a range of workshops and health promotion events to promote the services at Woodville GP Plus, or a Super Youth Advisory Team (with young people from all the partner agencies). Once funding is obtained, the young people and partner agencies will meet again to co-plan a Youth Partnership Project.

The partner agencies involved in this collaboration from the Community Engagement working group for the Woodville GP Plus Health Care Centre include:

- SHine SA's East/West Primary Health Care Team
- The Second Story – Adelaide City
- Drug & Alcohol Services SA
- Pregnancy Advisory Centre
- Child & Adolescent Mental Health Service
- CNAHS Western Primary Health Care Services – Parks Health, Port Adelaide Health, and Dale St Women's Health Centre

Yasmin



Participants at the second Youth Participation Forum at Woodville GP Plus Health Care Centre, May 2007

I’m Young, a Dad and Proud

I'm Young, a Dad and Proud is a 12-month community development project commencing in July 2007, funded by Community Benefit SA in partnership with Para West Adult Campus. The project aims to support and increase the personal skills and educational opportunities of, initially, approximately 15 young men aged 15–30 who are fathers living in the northern suburbs of Adelaide.

The project will identify issues, develop personal skills to negotiate involvement in their child's life (if they currently have none and wish to pursue that goal), develop positive parenting skills and encourage responsible lifestyle behaviours. This will be achieved through the development of a skill-focused support program linking into other educational opportunities and involvement in developing an appropriate resource.

The expected outcomes for the young men are:

- improved self-esteem
- personal skill development, especially in areas of personal relationships and positive parenting
- an increased and positive role in their children's lives
- improved relationships with partners
- an increase in health and educational benefits for the young men and their children
- increased access and usage of local services
- opportunities for the community to hear their voice through participation in *Talking Realities* as guest speakers

For further information contact Sue Arwen on 8252 7955.

Sue

Young people



Snapshots



Rebecca, Southern Y@, preparing for Schoolies Week 2006



Rob (left) and Syke (Y@) setting up the Condom Basketball Game at Schoolies Week



Derek (left) with Y@ members checking out the new digs.



Craig (left), Jemma (Y@) and Annie parading in the Gay Pride March

Internet@SHine

FREE internet access for Library members is available at the SHine SA Library at Woodville.

Library membership is free for South Australians.

Members can have up to 2 hours access.

The Library is open 9 am –5 pm weekdays (closed 1–1.30).

Enquiries

Tel: 8300 5312 Email: SHineSALibrary@health.sa.gov.au



2006 Focus Schools student survey

- 331 students from 7 schools returned the evaluation survey.
- 91% gave an overall rating for the course as good or excellent.
- 83% of students responding to whether the class environment was safe and supportive stated it was good or excellent.
- 91% thought the quality of information provided during the course was good or excellent.

Comments

"helped me by informing me of the different things that can happen and separated fact from fiction"

"helps you to have confidence in yourself and it also makes you prepared for situations you might not expect"

"prepares me for difficult situations and encourages me to make the right decisions"

"learnt a lot that will keep me safe in the future"

"you have the power to say no, never feel pressured and stand up for what you believe in"

"It was really good, overall I had a fun and good time, I found out some important info and plan to use this in the future"

"this course was useful to me and I will think over about something before doing something that I will regret"

Sudoku Puzzles

Puzzle 1

		Y	A	X	T			
		I		E			L	
		E			L	A		S
			Y				I	A
	E							
	U		A				S	
			L			X		I
X	A	S		T				

Puzzle 2

		A	T		L		E	
					E			I
L				O	R			
		I						A
		S	R	O				
	T		A					
	E				O			
							R	L
S				I				

Puzzle 3

						6		
3						2	1	
5		9						8
4		3	9		7			
	8		1				4	
			5		4			9
	5		4	3	8			
2								1
			7					

Puzzle 4

U				I			N	
	T			A		D	I	
			E			U		
			D		E		C	
	A	C			U		I	O
I								
	O	I			C	A		
		U						
						O	N	C

Answers on page 11

Healthy Young Parents in Education (HYPE)

This year has seen completion of the Healthy Young Parents in Education (HYPE) project. Initially an 18-month project, HYPE started life as Healthy Start Pathways in 2003, an initiative of SHine SA in partnership with the Department of Education and Children's Services.

This innovative project aims to 'improve the educational, social and physical health and wellbeing outcomes for teenage mothers and their infants through increasing school retention and social inclusion'.

Focusing on what enables young women to remain attached to education, some of the project's achievements included:

- a literature review
- research with schools, employees and pregnant and parenting students
- the HYPE journal – a resource for pregnant and parenting young women
- a framework for developing a policy for the retention of pregnant and parenting students
- a web-based resource for agencies
- a Model of Collaboration
- a Whole School Approach package

These documents can be downloaded from the SHine SA website www.shinesa.org.au.

The HYPE journal provides a week-by-week journey through pregnancy and the first 12 months of the child's life. This was developed in consultation with young pregnant or parenting women. There are places to record thoughts and fears and to gain information. The journal encourages the young woman to negotiate to remain attached to education during the pregnancy and after the birth of her child. Inserted is a flyer which lets students know how using the journal through their pregnancy can contribute to their SACE. Copies of this resource can be ordered via the website or by calling (08) 8300 5300.

Sue





Work with schools



Sue at Windsor Gardens Vocational College

Work in schools statewide

Schools across the state have really embraced the concept of teaching Relationships and Sexual Health (R&SH) education to young people. We have received many requests from schools within both the metropolitan and rural areas and have been able to support them with resources and invitations to attend various professional development courses offered throughout the state.

Health Expos have been organised in a number of schools across the state such as Coonalpyn Area and Norwood Morialta, Willunga, and Mount Barker High schools. SHine SA also had a presence at the Murray Bridge and South East Schools Careers Expo. These events generally involve a collaboration with other youth and community health services, and have even included local doctors.

SHine SA workers attend schools to promote the services that the organisation provides for young people. This is often a logical and meaningful conclusion to a series of lessons on R&SH or to ensure senior students are reminded of and provided with details about where to go for help or more information. Presentations such as these have occurred at Victor Harbor High, Willunga High, Woodcroft College, Hallett Cove, Blackwood High, Golden Grove High, Kaurna Plains, The Heights, Urrbrae and Woodville High.

In the north, at Smithfield Plains High School and the Service to Youth Council at Elizabeth, SHine SA provides a weekly outreach program at lunch time. An area is set up and promoted to the students as a centre where they can talk with a worker and access information on R&SH. A similar, regular lunch time ‘drop-in’ also occurs at Woodville High School and Thebarton Senior College.

Primary schools have continued to display a great deal of interest in developing their Growth and Development curricula and resources to meet the needs of their students. In addition to the northern primary schools workshop and network and the middle

school teacher training offered during the holidays, we have been able to provide additional support to primary schools such as McLaren Vale Primary School. Fifteen staff attended training and a parent night was organised and included interactive activities for fun and to provide up-to-date information. Evenings such as these are often very successful in providing parents with examples of the activities their children will be offered during lessons but also improving their knowledge and confidence to discuss these issues at home.

Many schools provide alternative learning opportunities for students who are identified as being at risk of either leaving school or engaging in unsafe behaviours. These students are excused from ‘normal’ lessons, sometimes taken off campus, and participate in programs that are designed to be enjoyable, deal with relevant issues and connect them with community health services that will be able to provide support. SHine SA has been able to support these programs by running sessions addressing R&SH in schools such as Enfield High, Our Lady of the Sacred Heart College and with single sex groups at Magill Training Centre.

Windsor Gardens Vocational College’s Hearing Impaired Unit requests our support every two years to team teach a number of sessions with their single sex classes. These sessions are often a lot of fun with the students enthusiastically participating in activities and asking great questions. A teacher and an interpreter are always present ensuring that the students understand what is being discussed and at the same time providing the staff with professional development in respect to the latest information on R&SH issues and resources. Charles Campbell Secondary School also caters for students with special needs and has a dedicated unit for the visually impaired. During this year we were able to provide support for this class by conducting a session on healthy relationships.

Helen

Focus school teacher training feedback

2006

- 100 teachers completed the evaluation form for the 15 hours professional development course provided to focus schools
- 85% rated the facilitators’ skills excellent
- 87% rated the materials provided as excellent

Teachers were asked to rate their confidence to teach relationships and sexual health before and after attending the training:

Rating	Confidence before training	Confidence after training
Very confident	11	23
Confident	33	67
Low confidence	39	2
Not confident	15	1
Did not indicate	2	7

Comments

A very good overview of topic. Good to have the wide cross-section of relationships and sexuality addressed. It was done sensitively and respectfully. Thank you.

Presenters very good - good knowledge, approachable.

An excellent course, I learnt a lot and feel much better about planning and teaching it.

Overall very informative and worthwhile.

Good to know where to go for more information as well.

Great, interesting, enjoyable, informative. Thanks.

2007

To date approx 150 teachers have participated in focus school training.

Northern Primary Teachers Network

In response to growing interest from primary teachers in the north for information and training around Relationships and Sexual Health, Northern SHine SA organised a two-hour development workshop for primary teachers. This workshop enabled interested staff to get together to share experiences and effective practices they had used when working with primary school students. It was also a time to showcase a variety of useful resources available from SHine SA as well as other online resources. A draft Relationships and Sexual Health Curriculum for Years 5–7 with links to the SACSA Framework was also launched at this workshop and gave teachers the opportunity to look at developing programs that would be useful in their particular setting. The workshop was very well attended and as a result we have been able to set up an email group and support network for primary teachers in the north.

Focus schools

2006–2008 focus schools

SHine SA has continued to support the 17 focus schools that were selected last year to implement a whole school approach to relationships and sexual health education. The three Schools Coordinators have offered 15 hours of professional development to new teachers, have attended school expos, and parent and governing council meetings. The focus schools in turn are continuing to provide teacher, student and parent feedback. Our commitment to these schools will continue until the end of 2008 completing a three-year period of support.

There have been many activities carried out in these schools during the last 12 months with the following being particularly noteworthy.

Mount Compass Area School held a Health Expo leading up to Drug Action Week for senior and middle school students. This incorporated all the health agencies that had links to the school, including SHine SA. Students were able to access information and ask questions of the workers representing each agency.

After delivering some of the curriculum on relationships and sexual health, Tintinara Area School’s teachers decided to have a seminar focusing on sexual harassment as students had identified this as a widespread issue in schools across the state. The seminar focused on definitions, laws and feelings associated with sexual harassment. The seminar was very successful and the students appeared to relish the chance to discuss ideas and views that they felt were important to young people.

Hamilton Secondary College offers a Pathways and Learning Skills program at Year 9 where they cover various health subjects including sexual health and relationships education. The students were surveyed and asked what issues and topics they wanted to know more about. Using this information a full-day excursion was planned using UniSA’s classrooms in the city and guest speakers were invited to address the areas identified by the student survey. The choice of venue not only provided an exciting option to the ‘normal school’ but also gave students the chance to experience university life and look around the city centre. Guest speakers presented throughout the day covering topics such as SHine SA services, rape and sexual assault, childbirth, being a young father and STIs. During the middle of the day students had a chance to walk around the city and visit Clinic 275 and The Second Story before having lunch. The feedback from the day was excellent and the school has decided to hold this event each year to complement the lessons provided within the curriculum.

Hamilton Secondary College is also an adult campus and this year applied for a Sexual Health Awareness Week (SHAW) grant in order to provide sexual health information to their adult students. A BBQ lunch was provided and over 200 students attended. Staff from SHine SA and the Marion Youth Centre were available to talk with the students and give out information and resources.

Mitcham Girls High School has written a new compulsory Health course at Year 10 to incorporate the relationships and sexual health component. For this to happen, the rest of the school, and particularly the curriculum committee, needed to give support to accommodate these additional lessons within the timetable. This now ensures all students participate in relationships and sexual health lessons from Year 8 through to Year 10!

Windsor Gardens Vocational College, mainly through the efforts of the Indigenous students, organised a health expo to coincide with Valentine’s Day and SHAW. The theme for the day was ‘Relationships: respectful, healthy, safe’. Stalls were set up by many health agencies and students under the shade of the colourful sails featuring relevant information, giveaways, healthy foods, chocolate hearts, and face painting. Class groups visited each stall during lesson time and collected information and asked questions. At lunch time all students were able to revisit the stalls and enjoy the music provided by the student rock band. The day was an outstanding success, students gave positive feedback and indicated that one of the highlights of the day was the SHine SA Condom Basketball Game!

2007–2009 focus schools

At the end of 2006 SHine SA again invited all Department of Education and Children’s Services schools with a secondary component to forward an application to become a focus school in relationships and sexual health education for 2007–2009.

The following 12 schools were selected as focus schools for this period:

- Burra Community School
- Fremont Elizabeth City High School
- Hawker Area School
- Kadina Memorial High School
- Mannum Community College



Hamilton Secondary School

- Morphet Vale High School
- Nuriootpa High School
- Ocean View College
- Renmark High School
- Underdale High School
- Woodville High School
- Yankalilla Area School

All schools had their selection endorsed by their respective principals and governing councils.

As with the 2006–2008 schools, the newly selected focus schools will be delivering 15 lessons of relationships and sexual health education in at least two year levels between Years 8 and 10. These lessons are based on the best practice model curriculum developed during the *share* project and further refined during 2006. A key teacher has been selected in all schools and 15 hours of teacher training organised for teaching staff, counsellors and interested workers from health agencies that support the respective school communities.

The schools receive resource materials for teachers, classroom activity packs, free membership to SHine SA’s Resource Centre, \$300 funding and the support of a SHine SA Schools Coordinator for the three years. Schools are asked to provide feedback from students, parents and teachers to further inform improvements in the program.

Many school communities have displayed genuine enthusiasm in having been selected as a focus school and have organised parent evenings, open night displays, governing council information sessions, as well as developing student health and wellbeing teams.

All schools have completed their professional development and are at different stages of curriculum delivery. Ocean View College offered the training to all staff and invited community health workers, who actively support the students, to also participate. There were 35 participants for this training ranging from junior primary through to senior years, special education teachers, leadership staff, Aboriginal education workers, student teachers, the chaplain and five health workers. These diverse backgrounds resulted in excellent discussions during the two days. We were also able to cater for the differing needs of the group by splitting into primary and secondary focused groups on the second day.

Underdale High School decided to introduce the relationships and sexual health topic to their Year 8 students by dedicating a full day to a seminar. Students were divided into small, single sex groups and assigned two staff with one acting as main facilitator having participated in the SHine SA training. The program for the day was very comprehensive and included videos, activities and discussions around issues such as puberty, reproductive systems, correct terminology, problem solving, unplanned pregnancy, and safer sex. Appropriate resources and pamphlets detailing relevant information were distributed to the students during the sessions for their future reference. A question box was also available to students throughout the day to enable them to ask questions in an anonymous way. The SHine SA Schools Coordinator, who supported the day, then responded to these questions during the last session. Information was also provided detailing the community youth services available to support students. The day was innovative, well organised and was successful in highlighting relationships and sexual health issues to the students.

The SHine SA Schools Coordinators have continued to be impressed with the energy, enthusiasm and commitment displayed by the focus schools staff this year and look forward to reporting on their progress in the future.

Helen

Aboriginal & Torres Strait Islander peoples



Northern Reconciliation Event

On 30 May we held a Reconciliation Event at the Playford Civic Centre. The event was organised and managed by a sub-committee of the Northern Metropolitan Regional Reconciliation Group, and officially opened by Adair Garrett (NMRRG chairperson) and Martin Lindsell (Playford Mayor). Twenty-three local agencies held stalls in the function room and entertainment throughout the day included music and dance performances from local groups and schools. The event was a huge success with in excess of 1500 people attending throughout the day, including 800 students from 15 local schools. Popular activities for young people were story telling, dot painting with Marra Dreaming, visiting the different agency stalls, and the handball and kicking clinics run by footballers from the Central Districts Football Club. Congratulations to the committee for a job well done.

Sue



Northern Team Reconciliation Event for 2007

What’s happening with Aboriginal youth in the West

Hi everyone, Derek here.

This year I have changed from the Professional Education & Resources Team to the East/West Team to get a different view and perspective of working with another team at SHine SA. In doing so I have gained a little more independence and this has allowed me to work on my own with young men on sexual health. We have moved into a new building, the GP Plus Health Care Centre. It’s a modern type of building and has more space than the old Kensington premises. Work has been fantastic and I have had a lot more work to do than ever before. I am a lot more involved in mentoring type roles with young Indigenous men and have attended camps and youth expos. I am looking forward to attending the annual Croc Festival in Port Augusta late September this year. It should be fantastic.

On a sad note this will be my last year here at SHine SA because I have been here for three years and would like to broaden my horizons in life and to see what other opportunities there are for me in the future. I would like to continue working as a youth worker, just in a different direction.

This year I have been working a lot by myself, organising different events and working with organisations from all over the state. Some of the projects I have been working on include:

Young men in secure care at Magill Training Centre

This program is about young men learning to talk about issues they may face while doing time in secure care. They are very quiet at first when you start but as you get into talking and stuff, they start to open up a little bit depending on how they feel at the time. We talk about the rules in secure care, how they feel about being inside, how the young men treat each other and what the future holds for them. Some of the issues raised



during discussions might be something like rape and sexual assault, general health and wellbeing, depression and missing the family or home life.

Kura-Yerlo Young Men’s Respect Project, April–June 2007

In this program we talked to young Indigenous men from neighbouring schools about making the right choices and respect for themselves.

Discussions involved issues at home, say domestic violence, drug and alcohol or getting caught up in the wrong crowd and making the wrong choices. We played the What Do You Reckon game where the young men decide if it’s safe, unsafe or safe only if. It’s fun and it helps break the ice. In this game they might have selected a picture of a gun and then we will discuss what’s safe about guns and what’s unsafe about it. With all young people they just need to be given time and patience to find out what they want in life and if you help them, or guide them to make that decision, then they can do anything!

Derek

Woodville Indigenous Youth Expo, St. Clair Recreation Centre, May 2007

The Woodville Indigenous Youth Expo is held annually in conjunction with Woodville High School and various agencies from around the state. I was given the privilege of organising and setting up the SHine SA stall at this year’s Expo. There were a few nerves but I soon settled in and got the ball rolling. The biggest hit with the young people was the Condom Basketball Game and the give-away condoms went really quick, I mean really quick! I really enjoyed the work for the Expo, I made heaps of networking connections and the day was a huge success.

Annette

Taking care of women’s health in Ceduna

The Ceduna Women’s Business Program, based in the Ceduna/Koonibba Aboriginal Health Service, continues into its sixteenth year. The service, which is provided four times a year for three to four days each time, continues to be well utilised by Indigenous women.

Although the service is provided by SHine SA staff, it is organised and managed by the Ceduna/Koonibba Aboriginal Health Service. Harriet Coleman, Aboriginal Health Worker, organises all aspects of each visit, including advertising and promotion of the clinic in the community, administration of the clinic and follow-up. Between 100 and 120 women access the service each visit. After providing the service for so many years, in some

instances the third generation of the same family are attending and older women encourage and support the younger women to attend the program.

Dr Jane Baird has continued in her role at Ceduna in 2007 and clients and staff alike have enjoyed her expertise, skill and sense of humour. Dr Anna Neoh has also started a role at Ceduna in 2007 along with nurses Annette Brown and Edwina Jachimowicz. All are enjoying working at this clinic in partnership with the Indigenous community and look forward to many years to come.

Why we work with the ATSI community...

The health status of the Australian Aboriginal and Torres Strait Islander communities continues to rate worse than non-Aboriginal people on every indicator: infant and maternal mortality, and life expectancy. Sexual health morbidity contributes a significant burden of ill health in the lives of Australian Aboriginal people.

SHine SA’s strong and emerging partnership with Aboriginal communities and organisations has facilitated increased access to SHine SA’s services by Aboriginal people.

Aboriginal & Torres Strait Islander Portfolio Group

The Aboriginal & Torres Strait Islander (ATSI) Portfolio Group currently includes all SHine SA Indigenous workers, a representative from each of the Primary Health Care teams, usually the worker who holds the ATSI portfolio for that team, and a management representative. The group usually meets four times per year. An important aspect of these meetings is the sharing and peer support that happens, and information about the ‘big picture’ work that is being done is taken back to each team. Each Primary Health Care team works slightly differently with Indigenous people in its region, depending on the networks and expressed needs of the communities; however, all teams work with ATSI communities and other agencies on joint projects (e.g. Celebration of Reconciliation Day).

Last year the portfolio group organised and presented a special staff lunch during NAIDOC week. A shared lunch included

several Indigenous dishes which staff had the opportunity to savour. This included kangaroo and wombat, warragul greens and lemon myrtle biscuits! After lunch staff viewed the *Barbiqueria* video and helped make a large banner with many handprints in ATSI colours.

The portfolio group will be reviewing the SHine SA *Sexual health services for Aboriginal & Torres Strait Islander peoples* policy this year as well as looking at some cross-organisation planning of programs and services.

To ensure ongoing understanding all staff will participate in a two-day cultural awareness staff development program next year which will also be offered to the workers in partner agencies who are delivering services from the Woodville GP Plus Health Care Centre.

Rae



Frances (left) with participants of the Aboriginal and Torres Strait Islander youth worker education program

Aboriginal youth in rural areas

Point Pearce Young Indigenous Sexual Health program

Last year Frances, Rob and I were invited out to run a program in the Point Pearce community. The focus was on sexual health, respect and general health and wellbeing. The young people we worked with had seen a lot of abuse, and drugs and alcohol were issues of concern to them. A lot of times you hear the young people talking about the boredom of living in isolated areas, like the missions, and coming into the city to escape the rural life. Most would rather be in the city.

We played the ‘Have you ever?’ game with the young men. It helps break the ice and warms everyone up! The condom demonstration with the young men went well and we also looked at graphic pictures of STIs. This got their attention and always gets a reaction from young men — some are negative, some positive. I have found that our condom give-aways are most popular with young people! The program was successful.

The Croc Festival, Port Augusta 2006

The Croc Festival, held every year in Port Augusta, is an Education and Health Expo for the Indigenous community. I have attended the last two with Frances from the Professional Education & Resources Team. Last year we worked really well in sharing the tent with the Royal Flying Doctor Service. We had lots of laughs and found that they were great people to work with. The condoms were the first to go — the young people scooped them

all up and by lunch time we had run out. Luckily we had a spare box back at the hotel. The Condom Basketball Game once again proved to be a big hit. It’s fun and easy and the young people can’t resist it. The Expo was successful, we had a fantastic time and have been invited back to attend the 2007 event.

Meningie Young Indigenous Sexual Health program

The day started with Frances and I travelling out to the community of Meningie to work with young people in a rural setting. The Indigenous population is fairly small out in the country and we didn’t get big numbers of young people to work with. Those that were there though were fantastic and were keen to participate. Some of the young guys were keen to find out some information about sexual health and the work we do with young people. We held our session around the barbecue with the young men. It seemed a lot easier for the young men to be open about sexual health and anything they wanted to know they could ask without being ridiculed. We talked about STIs and protection by using condoms. The condom demo was a laugh! Sometimes to get young men to participate with this activity we address the macho and homophobic comments that are made, encouraging them to think differently. The graphic STI pictures opened some eyes. Some felt sick looking at the pictures but I think it will make them think about what they do in the future. I think the program was a success!

Derek



People with disabilities

Working with people living with disability in the East/West

1:1 disability work in the East/West region

As with last year, there has been a constant flow of clients with a disability accessing one-to-one education services in the eastern and western regions.

Requests for one-to-one disability education included referrals through disability support services, self-referral, family and carers. The main issues addressed include:

- **public and private spaces** — learning what is appropriate and inappropriate sexual and non-sexual behaviour in each setting
- **protective behaviours** — gaining an understanding of parts of the body and what is public and private; learning personal boundaries and saying NO and saying YES; identifying feelings associated with unwanted touch; mapping who to tell or ask for help if needed
- **puberty issues** — physical and emotional developmental changes; menstrual management; masturbation; contraception options; understanding friendships and relationships; physical and sexual safety and sexual assault issues
- **social isolation** — gaining an understanding of how people communicate with each other in social settings; where people meet other people; how to structure a conversation... past hello; working towards connecting

Friendships and dating

It is well documented that young people with a disability, especially an intellectual disability, are far more at risk of sexual assault and coercion than mainstream young people. Often they have fallen through the net in terms of access to education and information about sexual health and relationships, or been included in mainstream programs that were not targeted to meet their needs.

Parents of young people with a disability, when consulted during the *Pathways and Barriers* project and during the SHine SA review of disability services, indicated that they were willing to teach their children but often lacked the knowledge themselves or were uncertain how to approach the subject.

As a result of these findings SHine SA allocated funding to develop a resource for parents and carers of young people with a disability to assist them in teaching their children about sexual

the client with social groups; promoting and advocating for inclusion of young people with a disability in social networks in their local region

- **working with workers, carers and/or family members** in the disability sector to better support young people with a disability by acknowledging and supporting the need for healthy communication about relationships and sexual health

Group work

Education sessions for groups have continued throughout the year and have been provided at Novita Services, the Epilepsy Association and with Reconnect Enfield.

Disability Expo

This major exhibition is the highlight of the year as agencies and organisations throughout the metropolitan and country sector promote their services to people living with a disability. SHine SA participated in the Expo and received many favourable comments from people looking for information and advice about friendships/relationships and broader sexual health issues. It was also a great place to network with workers from within the sector and learn what services are currently available in South Australia for people living with a disability.

Rob

health, relationships and protective behaviours.

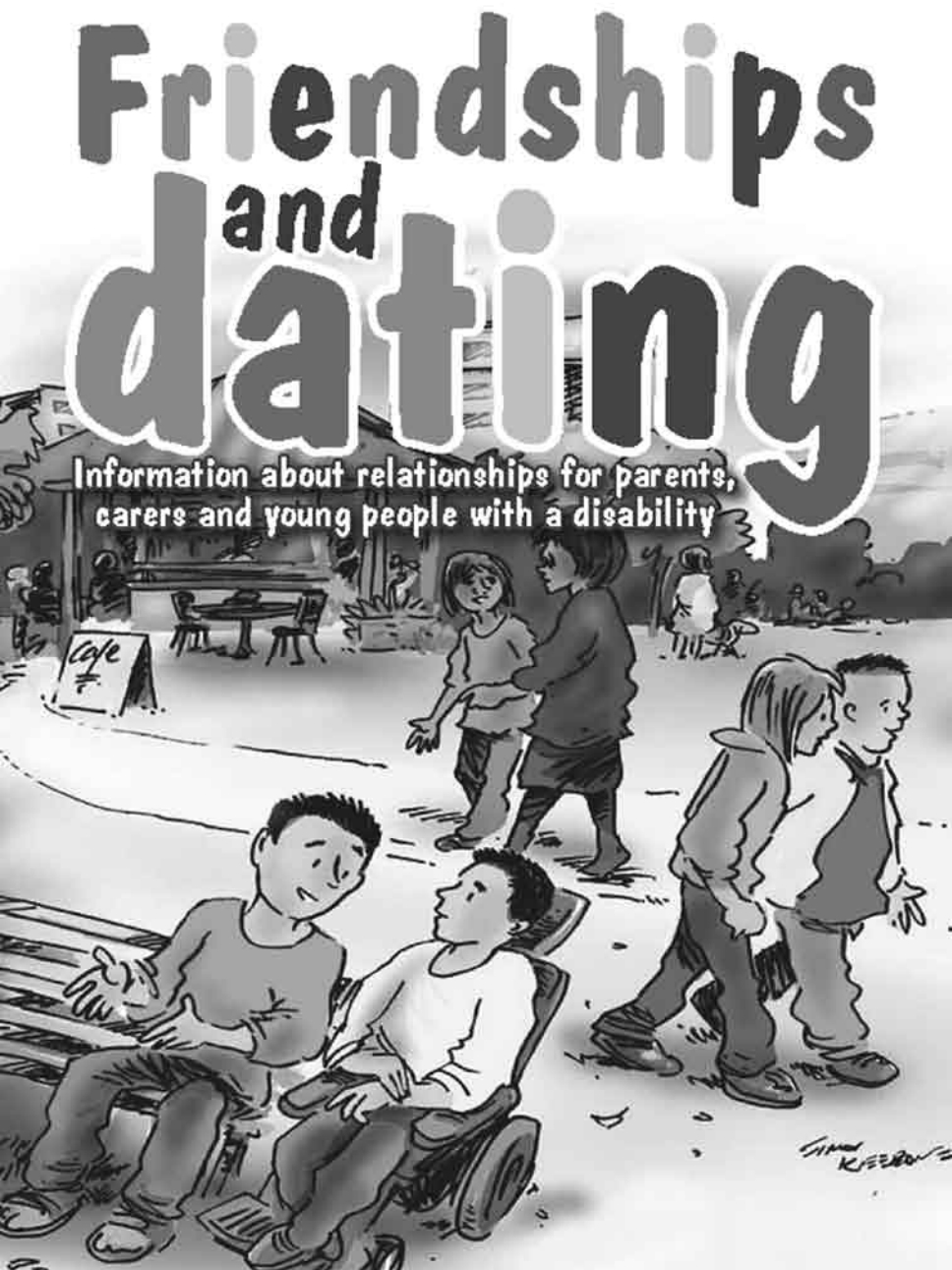
The outcome of the project was the resource *Friendships and dating*. This booklet was researched and developed with sections for parents and carers, as well as information on contraception, safer sex, sexually transmitted infections, sexual abuse protective behaviours and list of contacts.

Other resources developed included:

- *Sex education: tips for parents of children with a disability*
- *Puberty information for parents of boys with a disability*
- *Puberty information for parents of girls with a disability*

All the resources are available free from SHine SA or can be downloaded from the website www.shinesa.org.au

Sharon



Why we work with people with disabilities...

There is evidence that people with disabilities are more at risk of sexual abuse and have often not been offered appropriate education about sexuality and sexual health. They often have to overcome barriers to access support and health services.

Some community attitudes and values do not acknowledge the sexuality of people with disabilities and the needs of their parents, guardians, carers or workers. This is an area of priority for SHine SA.

Disability Portfolio Group

The Disability Portfolio Group comprises a worker from each Primary Health Care team, a Management Team representative and the Coordinator of Disability Worker Education. The group meets at least four times per year and provides the opportunity for staff to be involved in disability planning at the whole of organisation level. An opportunity for members to share information about the work that their team has been doing in the disability sector facilitates the feedback of information to teams.

During the past year the group has commented on the revised *Disability Action Plan* for SHine SA and the report on the achievements from the above over the past two years.

A new intake procedure for requests for education sessions for clients with disabilities has been developed to a draft stage and is currently being trialled across the organisation. The development of a manual of guidelines and procedures for SHine SA staff working with clients with disabilities and the disability sector continues to progress slowly and the pamphlet *Services for people with disabilities* is currently being updated by the portfolio group.

The portfolio group continues to make recommendations about the purchase of new disability resources and books for the Library & Resource Centre as well as give input into the removal of out-of-date resources.

The past year has seen a Disability Awareness session delivered to all-front line staff. Further staff development will occur over the next 12 months aimed at increasing the number of workers across SHine SA who are competent to deliver education sessions, on a one-to-one basis, to people with disabilities.

At the beginning of 2007 an 'expo' was provided for interested Shine SA staff to showcase new disability resources and show innovative approaches that others have used in working with the disability sector. The expo was well received and the portfolio group supported a recommendation to SHine SA management that these meetings happen three times per year. The meetings will include information about new resources, a chance to talk about case studies and the opportunity for guest speakers from the disability sector to give information about their services and the disabilities they deal with. The latter will ensure more 'meshing' between SHine SA and disability services.

Rae

Pathways to Independence

If you had been walking down the North East Road at Holden Hill during May and June on a Thursday afternoon you would have heard the laughter and serious discussion coming from 5921.

A group of women with a disability who are supported by Pathways to Independence met on a weekly basis to discuss a range of issues about relationships and sexuality. These women live independently and work in the local area.

After a 'meet and greet' and discussion in session 1 about what they would like to talk about during the program, content was developed around their needs. Topics covered were:

- feelings about my body
- body parts and functions
- risk taking
- personal space and boundaries
- friendships and relationships
- safe behaviours
- sexual health including contraception
- looking after my sexual health

The last session included a walk down the road to visit the clinic at Gilles Plains and meet the staff.

One of the keys to the success of the group was the use of a range of activities and resources to get the different topics and messages across. The two highlights were the use of Heather and Bob (AKA Jodie and Jeff) to discuss some of the hard bits around relationships and appropriate behaviour. Bob and Heather visited twice and were a very important part of the group during our discussions.

Also essential was the session on condoms. To have the opportunity to see and touch a condom was really important. Mind you, there were the usual yuks etc. but nonetheless so important for these women to have a go with the 'banana' penises. Lots of laughter but also a seriousness to the session.

Lots of other 'hands on' and 'moving around' activities were used during the program to keep the group interested. Also of importance was the need to use different strategies/resources to explain one aspect of information to make sure that topics were clearly understood.

These programs are a great way of providing education to women as they get to learn a lot of new information about issues of sexuality as well as the skills of communication and participating in groups.

Juliet

Disability work in the South

Work with people with disabilities remains a key focus for the team down south. An increase in one-to-one education requests has ensured a busy time for workers. Owing to the large number of requests it became necessary for Southern Team workers to link more closely to key disability sector workers, providing them with the education and resources to support their clients. It was a great opportunity to work with other agencies and develop workers' confidence and skill levels. Individual workers' willingness to learn and gain skills in sexual health is an exciting process to be a part of.

Supporting parents has also been an important part of our role. We see many parents who are willing to provide their young person with information and education as long as they are given the support and resources to assist with this. To support this 'do it yourself model' SHine SA has produced a free booklet about relationships and dating.

The Southern Team also offered a sexuality program in Victor Harbor for a group of men over a 6-week period and provided a range of information on sexual health. The men requested education about:

- body awareness
- what happens when you have sexy feelings
- safer sex practices
- sex rules

- relationships
- sexual health checks
- what can make us feel good about ourselves

It was the first time that we have provided this type of program for men in the Victor Harbor area. The evaluation indicated that most of the participants gained a lot of valuable and encouraging information. The program had up to 10 men attending each week.

We have also been involved in a program at Mitchell Park Neighbourhood Centre. We are not strangers to the centre, but it was the first time we have met with a group of women with disabilities who wanted information specifically on women's sexual health. They were also keen to find out what screening was available to keep themselves healthy. The focus of the program was 'All about me'. A nurse and counsellor provided the education program and found the session was a good opportunity to talk about sexual health and relationships to an interested group of women from a range of age groups.

The Southern Team continues to work with teachers who are educating students with special needs. Most of the teachers either request a program for students or want a skills update. Many of the teachers are following up on previous education with us and wanting more targeted training.

Lyn

Culturally & linguistically

Dropping in at Thebarton Senior College

Every Tuesday afternoon during the school term, I have been doing a life skills program at Thebarton Senior College in collaboration with the Parks Community Health workers, Ibro and David.

This program has been well supported and planned in consultation with the Counsellor at Thebarton and some of the students from the Newly Arrived Program. The choice of topics and information covered has been selected to meet the students' needs, particularly around settlement issues. We have discussed living within two cultures, drug and alcohol issues, relationship issues, law and order and the rights of young people, adolescence and growing up. We have also looked at practical issues such as presenting for a job interview, doing a résumé and personal presentation. The participants are adolescent males and females from newly arrived communities such as Sudan, Congo, Somalia, Liberia, Afghanistan, The Philippines and Eritrea.

We have invited guest speakers to attend some of the sessions to address issues that participants have raised with the presenters in other sessions. The program revolves around interaction, personal anecdotes and the participants talking about and sharing their own experiences. This has provided an opportunity for personal growth and problem solving.

The feedback so far from the young people has been very positive. They have found the sessions informative and useful, and the group has become a cohesive one where everyone wants to participate, get involved in the discussions and share their experiences. The students who have already participated in this program have assumed some leadership and mentoring roles within their school community. For the rest of the year we intend to continue with this program. We will work with different groups of students from newly arrived communities and target young people who teachers believe will benefit from the program or who are interested in taking part.

Jacqueline

Young People’s Health Conference

My name is Huria and I am originally from Afghanistan. I have been a multicultural peer educator since April 2005 for the East/West Team. I was part of a group of eight peer educators from Middle Eastern, African, Asian, and Eastern European background who has been working with young people from our communities. We have a passion and a keen desire to share our knowledge with them and each other, on sexual health and relationships issues and also other problems which affect our communities.



impressed. They were particularly keen to hear more about the project, the nuts and bolts of how it was put together and how we at SHine SA worked cross-culturally with CALD young people to address sexual and reproductive health issues.

I was very proud to have represented SHine SA at the conference and to have been given the opportunity to share my knowledge and experience with such a group of professionals. In this instance, I found myself in the

reverse role of actually ‘training’ people that normally would be passing on their knowledge and information to young people like me. I must say that I felt particularly proud and privileged to be able to detail what I had gained through this project, my experience of living between two cultures and how to address sexual health issues in a respectful and sensitive manner. After our presentation, a youth worker from Sydney approached me and suggested that the presentation should be put in the medical journal! I was very humbled by his comments.

Huria

Sexual Health Awareness Week events

This year we have been busy assisting CALD groups who asked us to be guest speakers during Sexual Health Awareness Week (SHAW) events.

We were invited by the African Women’s Federation to be part of their African Ladies Day to promote healthy relationships among mothers, daughters and caregivers within the African community. This was the first time that the Federation had applied for a SHAW grant. The day was very successful and we were able to hold group discussions about maintaining healthy relationships with loved ones and what helps to make those relationships flourish. The women and young people were able to make their own colourful jewellery, do some ‘hanna’ and share in a nice African lunch.

Another successful SHAW activity was held in February this year supporting UniSA as guest speakers in their international students program. This was a fantastic opportunity for international students to hear a panel of students from

different nationalities and cultures discussing issues such as making friends and forming relationships. The idiosyncrasies of a new society and culture and issues of socialisation were also discussed. For morning tea, biscuits in the shape of hearts and health promotion material were distributed to the participants. We were also able to discuss safe sex issues. The session was well received and run on a very interactive basis where participants were able to hear about services available to them, ask questions freely and discuss issues openly.

We also supported the Vietnamese Women’s Association and the Chinese Overseas Association in promoting SHine SA’s services and women’s health issues relating to relationships. For some of these women it was the first time they had heard about SHine SA. Bi-cultural workers supported us to interpret and deliver the program. These groups of women live in the Woodville area and are now more regularly accessing our clinics and services.

Jacqueline

Translated leaflets

9460 translated leaflets were downloaded from SHine SA’s website during 2006–07. A further 3405 hard copy leaflets were circulated within the community. The top translated leaflets downloaded from the web were *Choices in Contraception* –Vietnamese, Spanish, Bosnian, Arabic and Persian.

Cross-cultural workshop

This two-day workshop took place in November 2006 and involved a mixed group of community workers including teachers, counsellors, youth and bi-cultural workers. The workshop was facilitated by SHine SA’s Jacqueline from the East/West Team and Lud from the Professional Education & Resources Team.

Topics covered included settlement issues experienced by migrants and refugees, how to access and use interpreters effectively, and sexual health issues that impact on newly arrived migrants and refugees. In addition, we held panels with CALD consumers who talked about their experiences in settling in a

new country, and with workers who talked about how they work with CALD clients. We also discussed other topics such as safer sex issues, values clarification, and worker and consumer participation. A number of guest speakers addressed other issues and enhanced learning experiences for participants.

The feedback from participants was very positive and they stated that they now had a better understanding of settlement experiences and had been provided with a broader range of skills and knowledge to better implement their services to CALD communities.

Jacqueline



Why we work with multicultural people...

Our work with people from culturally and linguistically diverse backgrounds continues to be a major focus for SHine SA. These communities often do not access sexual health services because of language barriers, isolation, different health priorities and cultural hesitation in addressing sexual health issues. SHine SA has adopted pro-active measures to reach out to these communities by identifying their needs, liaising and networking with community health and welfare workers operating within these communities, and conducting culturally appropriate educational programs on sexual health issues.

Culturally and Linguistically Diverse Portfolio Group

The Culturally and Linguistically Diverse Portfolio Group has supported a number of initiatives over the past year including:

- updating the SHine SA Services flyer into French, Swahili and Somali to ensure greater access for people from African communities
- the running of a two-day Cross-Cultural Workshop for mainstream health workers
- updating the organisation on issues for people who are newly arrived to South Australia
- ensuring that SHine SA courses run by the Professional Education & Resources Team are including a component on issues for people from culturally and linguistically diverse communities
- updating the process and procedure for using interpreters in SHine SA
- attending forums and network meetings relating to people from culturally and linguistically diverse communities
- promoting the work of SHine SA by attending appropriate multicultural events and festivals

Desmond



Multicultural Women’s Health and Wellbeing Camp, Aldinga 2007

Multicultural Women’s Health and Wellbeing Camp

SHine SA participated in and supported this two-day camp held at Aldinga Beach. The camp was attended by women from African, Middle Eastern, South American, Eastern European and Asian backgrounds who were students of the Port Adelaide TAFE English Language Services. These women have largely been isolated in the past, unable to participate within the community and adequately access services available to them. The funding for the camp was provided by Community Benefit SA and managed by the Migrant Women’s Lobby Group.

Monica, the multicultural health worker from Dale Street Women’s Health Centre, invited SHine SA to participate and assist in delivering sexual health related sessions. This was the first time that these women had attended a camp away from their home duties. They were given the opportunity to demonstrate their skills and abilities by organising games, activities, dancing,

singing and Tai Chi. They also shared their stories and engaged in various other health activities during the camp.

We had a guest speaker, Giuliana, from the SA Cervix Screening Program talk about the importance of Pap smears and breast examinations. We also had a nurse, Catherine, talk to the women about remedial massage therapy aimed at providing relaxation. She taught the women massage techniques to practise in their own time at home.

SHine SA and Monica will be meeting with these women to discuss future plans for a program that will cater for their health and welfare needs.

Jacqueline



We’re having some fun after having some lovely multicultural dinner. Let’s wash the dishes!! Ha Ha!
Jacqueline, Aldinga Camp, 2007



Health awareness for African women in the north

During Pap Smear Awareness Week, SHine SA in partnership with Lutheran Community Care received a grant to increase awareness of Pap smears for the African Mum’s support group based at the Ingle Farm Family Hub. The group visited SHine SA’s Northern Primary Health Care Team and took the opportunity to chat with one of the community health nurses regarding Pap smears and the importance of having a check at least every two years. The session was very interactive and the women found the information very useful, wanting to follow up on an individual basis. Also during the day the group visited Shopfront Youth Health Service and The Second Story Youth Health Service where they met with The Second Story young mum’s program and shared a multicultural lunch. The day was an opportunity for both groups to share stories, similarities and differences between Australian and African cultural values and beliefs.

The African Mum’s group were so thrilled they wanted to keep the momentum going, so they requested a sexual health and relationships program be delivered in partnership with Lutheran Community Care. As a result a 10-week program is planned, to be implemented at the Ingle Farm Family Hub. The program aims to improve the health and wellbeing of young African women in the northern metropolitan area, by providing information on sexual health, relationships and services available in the community. This will enable the women to make informed decisions about their own lives which will positively impact on their quality of health and wellbeing.

This initiative has been an opportunity for African newly arrived women to visit health services based in the northern area and to learn about and discuss issues related to women’s health.

Miguel

Networking for refugee health

SHine SA works with newly arrived migrants and refugees and workers providing services to these people, as identified communities of interest in SHine SA’s *Strategic Directions 2005–2008*.

Refugees enter Australia under Humanitarian Programs, escaping persecution and conflict in their countries of origin. In recent years, the main groups of refugees are from Africa (60% of all new arrivals in 2006–07), the Middle East and South-East Asia. Many Humanitarian Program entrants may have experienced poverty, be suffering the effects of torture and trauma and have low levels of formal education and knowledge of English.

Refugee women in particular may experience sexual health issues related to their migration including gendered violence and sexual assault, female genital circumcision with its related health issues, sexually transmitted infections and poor pregnancy outcomes.

Resettlement issues, religious and cultural expectations, and experiences throughout the migratory process all impact on refugees’ sexual health. Refugees and asylum seekers may come from countries where sexual health and preventive health services are non-existent or limited. These people bring new needs to communities they arrive in, therefore services such as SHine SA need to respond in culturally appropriate and empowering ways. SHine SA aims to provide people from culturally and linguistically diverse (CALD) backgrounds with awareness about sexual health through clinical and educational services and written resources. This needs to occur in partnership with CALD communities and with bilingual and other service providers working with these communities. Networking is an integral part of SHine SA’s activities to improve sexual health of people from CALD backgrounds.

One important network that SHine SA is involved with is the South Australian Refugee Health Network (SARHN), established

in 2003 under the auspices of the Discipline of General Practice at the University of Adelaide. SARHN aims to promote the health and wellbeing of refugees and to support health professionals working with refugees through advocacy, education and research. Members include doctors, allied health members, nurses, researchers, counsellors and workers from the Migrant Health Service, Migrant Resource Centre and Service for Survivors of Torture and Trauma.

Activities of SARHN include regular seminars for people working with refugees focusing on refugee health issues and submissions and advocacy to improve the health of refugees (for example, introducing a specific Medicare item for refugee health screening). SARHN hosted a forum in conjunction with the three Adelaide universities and the Ethics Centre of South Australia entitled ‘The Ethics of Research with Refugees’ in July 2007. A variety of speakers from academic, research and ethics backgrounds delivered thought-provoking presentations concerning issues of researching refugee communities ethically. A common theme in these presentations highlighted the importance of research being participatory, empowering and equitable. Researching people from refugee backgrounds should be influenced by social justice, reciprocity, respect and harm minimisation. From this forum it is hoped to form a consultative group to develop a best practice framework for ethical conduct of research with refugees.

Membership of SARHN is open to anyone interested in refugee health issues. SARHN regularly sends out information to members, has subcommittees in education and research that people can be involved with, and holds regular meetings to discuss refugee health and advocacy issues.

For further information about SARHN please contact (08) 8303 3468.

Stephanie

Woodville High School African Girls Group

This year, I have been visiting Woodville High School every Wednesday lunchtime for a drop-in session. Girls from the African community have met me in the library and we have discussed girls’ health and wellbeing issues such as relationships, keeping healthy, puberty, hygiene, self-esteem and other topics identified by the girls.

The program has been run in a relaxed, friendly and interactive manner. We play educational games followed by discussions, and at other times we watch videos relating to the topics being discussed. The group has also gone out visiting youth service providers in the Woodville area so that they can get acquainted with the services available locally. The feedback from these sessions has been very positive and the girls have gained and reinforced their knowledge of health and wellbeing issues. It

is very pleasing to know that they are now more confidently accessing youth health services and youth centres within the Woodville area.

Next term, we will be running, in collaboration with youth health workers from the Parks Community Centre, a life skills program targeting girls and guys from Years 10 to 12. This program will cover health and wellbeing topics relating to their developmental stage of adolescence. We have been working collaboratively with counsellors at Woodville High and have received excellent support from the school community. We will be inviting guest speakers from different organisations and the program will continue to be interactive and youth friendly.

Jacqueline

New translations of SHine SA Services flyer

Following requests from community leaders and workers supporting newly arrived people from Africa, we have translated the *SHine SA Services* flyer into French, Swahili and Somali.

These requests provide SHine SA with an excellent opportunity to work with communities that have most need and least choice regarding sexual and reproductive health.

At SHine SA we encourage women, men and young people from culturally and linguistically diverse backgrounds to access our services. The flyer is now available in 21 languages and can be easily downloaded from the website (www.shinesa.org.au/go/publications/translated-leaflets).

Jacqueline

SHine SA Annual Report 2006–2007

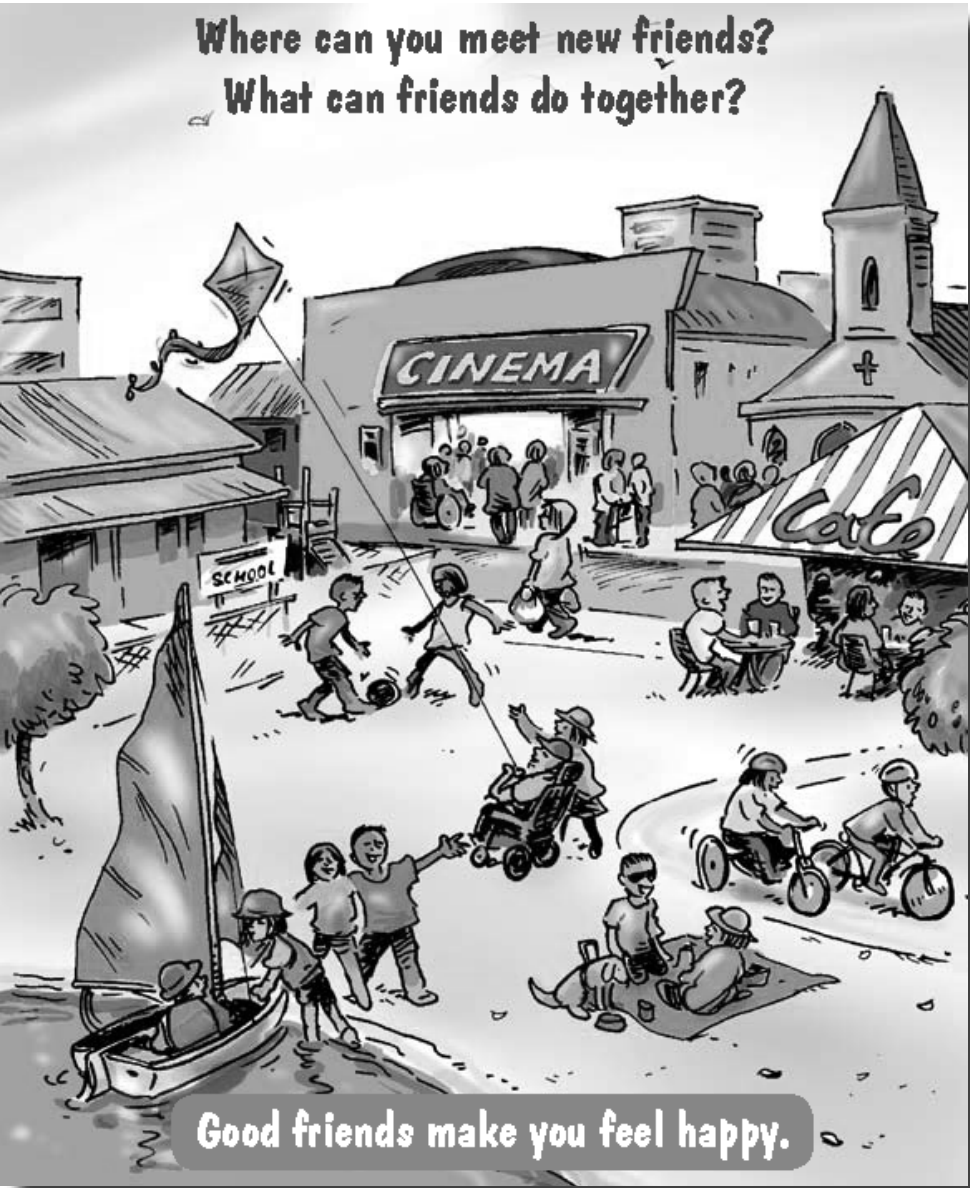
diverse backgrounds

Sexual health awareness for UniSA

In 2006–07 SHine SA was invited to run a couple of workshops for UniSA students.

During Orientation Week, international students who were commencing their studies, either at the beginning of the year or in the July intake, attended *Health and Wellbeing* workshops. Around 200 students from India, China, Bangladesh, Mexico, Taiwan, Thailand, Iran and Malaysia gathered at the West Campus to attend the workshops. The sessions explored issues of sexual health and culture and discussed: What is Sexual Health?; Safe Sex; Contraception; and Sex & the Law. Students were also provided with information kits about SHine SA, its services, clinic locations, the Sexual Healthline and SHine SA website. One of the highlights was students actively seeking information about Australian law in regard to Age of Consent, ‘No means No’, and what is appropriate and not appropriate behaviour, both publicly and privately. Information on clubbing, drink driving and drink spiking was also interesting for the students. Many of the young men wanted to know about the accessibility of condoms and the cost involved.

Miguel



Sudoku Puzzle answers from page 6

Puzzle 1

S	L	Y	A	X	T	I	E	U
A	X	I	U	E	S	T	L	Y
U	T	E	I	Y	L	A	X	S
T	S	X	Y	L	U	E	I	A
Y	E	A	S	I	X	L	U	T
I	U	L	T	A	E	Y	S	X
E	Y	U	L	S	A	X	T	I
L	I	T	X	U	Y	S	A	E
X	A	S	E	T	I	U	Y	L

Puzzle 3

U	D	E	O	T	I	C	A	N
O	T	N	U	C	A	E	D	I
C	I	A	E	D	N	U	O	T
T	U	O	D	I	E	N	C	A
E	A	C	T	N	U	D	I	O
I	N	D	C	A	O	T	U	E
D	O	I	N	E	C	A	T	U
N	C	U	A	O	T	I	E	D
A	E	T	I	U	D	O	N	C

Puzzle 2

N	A	T	I	L	S	E	O	R
R	S	O	N	E	A	L	I	T
L	I	E	O	R	T	A	S	N
O	R	I	E	T	L	N	A	S
A	L	S	R	O	N	I	T	E
E	T	N	A	S	I	R	L	O
T	E	R	L	A	O	S	N	I
I	O	A	S	N	E	T	R	L
S	N	L	T	I	R	O	E	A

Puzzle 4

7	2	8	3	5	1	6	9	4
3	4	6	8	7	9	2	1	5
5	1	9	2	4	6	3	7	8
4	6	3	9	8	7	1	5	2
9	8	5	1	2	3	7	4	6
1	7	2	5	6	4	8	3	9
6	5	1	4	3	8	9	2	7
2	3	7	6	9	5	4	8	1
8	9	4	7	1	2	5	6	3



Respect Kamp 2007

One fine weekend at the end of February 2007, 15 ‘happy campers’ piled into a minivan after playing Tetris, attempting to pack their luggage in the back! The group was off to the great Barossa Valley to indulge in a weekend of activities exploring the issues of respect and focusing on healthy same-sex relationships. There were 10 young people — peer educators for the *Evolve* and *Inside Out* projects of The Second Story (TSS) and 3 SHine SA Y@ members. Workers from TSS and Craig from the Southern SHine SA Team completed the group.

We left TSS in the city relatively on time on Friday, armed with supplies and walkie-talkies for the weekend. The duration of the trip through peak hour traffic gave us the opportunity to establish group norms and run a ‘get to know you’ activity where participants were able to play a song in the car that had some relevance to them. We got to our destination around 7.30pm after collecting one Y@ member and pizza in Gawler. On our arrival we realised that we had forgotten the most essential camping item — the coffee!! After dinner we settled in and realised we had a lot of company from local residents — the kangaroos, possums and thousands of ants. On the first night, we started our first relationship workshop activity. We were given a range of topics around same-sex relationships and GLBTIQ issues to respond to. Some responses raised a few eyebrows and opinions but it was a fantastic way to put our ideas out there in a safe and supported way.

On the Saturday morning we all woke up with caffeine withdrawal! Two TSS workers journeyed into Gawler at 7.00am so that we would not suffer caffeine pangs the whole weekend. After breakfast we commenced our first activity which was a

treasure hunt around the theme of respect. Shortly after that we commenced our workshop activities, which were quite in-depth and informative, facilitated by Craig and TSS workers.

That afternoon was quite enjoyable for all, from walking around the amazing bush surrounds, to impromptu musical performances and tribal drumming with Craig using kitchen items. It is amazing what you can come up with using a couple of water barrels, cutlery and saucepan lids! After dinner we enjoyed some theatre sports and it was fantastic!!! Shortly after that we indulged in some chocolate fondue which created an enormous buzz for everyone. Sitting around that night people’s creativity came to life with a range of camp stories to shock and amuse. Our fuzzy neighbourhood possum seemed unimpressed with our noise levels and frightened Craig, myself, and a few others into a frantic scramble when it dropped on the roof with a thump, and hissed and growled its way down the side of the verandah. It put the fear in all of us!!!

The following morning proved to be a hard slog to get out of bed and pack up the camp. Once we became organised we had a group discussion about the positive experiences everyone would take away from camp. Tamika, Anthony and I managed to master the art of the clapping game that we learnt quite a few months before at our Y@ training and were then able to teach everyone else with great success. We closed the camp by spending some time at the Whispering Wall and then going for a swim at the local pool in Gawler. An amazing time was had by all and the great memories will be with us all for some time to come!!

Talia



Peer educators for the *Evolve* and *Inside Out* projects of The Second Story and 3 SHine SA Y@ members camping.

A Y@ member’s perspective

At the beginning of the year, I personally had some confusion and subsequent concerns around how agencies and community services in Adelaide and South Australia provide support, services, and information for Gay, Lesbian, Bisexual, Transgender, Intersex and Queer (GLBTIQ) people, their families, friends, and partners. In February I had a very in-depth and challenging conversation with Craig, the Young Men’s worker from SHine SA’s Southern Team about these concerns. He challenged the myths and pre-conceptions I had around these issues. He invited me to come along to the SHine GLBTIQ Portfolio meeting to see how agencies undertake support and challenge homophobia and heterosexism.

After attending the first meeting, I saw the passion, enthusiasm and commitment all the portfolio members have to support and improve the services that are available to the GLBTIQ community. They are a dedicated group of people with a strong sense of empathy, compassion and social change, who encouraged me to join the portfolio as a Youth Advisory Team member. Although I am the only young person on the committee, my opinions, values and concerns for the GLBTIQ community are not only listened to, but valued. It has been a fantastic experience, and I feel as though I am making a worthwhile and long-lasting contribution.

Since the beginning of the year, I have seen this committee undertake an enormous amount of responsibility to advocate for and to strengthen the fabric of the GLBTIQ communities in Adelaide and SA, and provide genuine alliances to those who

identify as GLBTIQ. One of the ways in which this has occurred is through the strengthening of the community partnerships between SHine SA, Dale Street Women’s Health, The Second Story and the Feast Festival. This has led to the planning and future implementation of a Queer Straight Alliance (QSA) similar to the models seen in other Australian states and overseas. Although still very much in its early stages, there have been a number of meetings, research undertaken, and impromptu discussions around how a QSA may or may not be successful in SA. At this stage, all of this preparation will be informing the discussion and information presented at a forum in November this year, as part of the Feast Festival 2007. My understanding is that this will be a first in SA — which is really exciting to be a part of.

After the Feast Festival, once the engagement with the GLBTIQ and wider communities has commenced (don’t be fooled into thinking the hard work will stop there!!), there will continue to be more community consultation. This will further inform the implementation of a QSA, possibly at the Woodville GP Plus Centre, developed in partnership with SHine SA, Dale Street Women’s Health and The Second Story. This has been a fantastic experience to be a part of. To see that services do actually work towards the benefit of the target group, and to be involved in implementing these changes, has not only been fascinating but rewarding.

Talia

RESPECT – Find out what it means to us

As part of Sexual Health Awareness Week (SHAW) 2007, workers from SHine SA and the Inside Out and Evolve projects at The Second Story organised a camp for peer educators from the projects and members of SHine SA’s Youth Advisory Team (Y@).

A SHAW grant co-funded a two-night stay at the Sandy Creek Youth Hostel — a great venue to get away from it all, plenty of space to work and play with lots of kangaroos nearby and a ‘live-in’ possum or two (more about the possum later).

The theme of respect was strong right from the start. We asked everyone to bring along a song that meant something to them and played these in the car on the drive to the hostel. Everyone listened respectfully, there was no criticism but lots of singing along. After each song we talked about why our song was important to us. It helped establish a really cool vibe that continued for the rest of the camp. Calling the camp RESPECT also helped to remind us why we were there — to celebrate SHAW’s theme of healthy relationships.

Mixing groups can be a tricky gig. The peer educators and Y@ members impressed us all. They were all committed to working together to explore healthy relationships.

We wanted to raise relationship taboos — the stuff that isn’t often talked about such as . . .

- Attraction to the opposite gender when you identify as homosexual — is it possible and what does it mean?
- Being ethical in relationships.
- How can homophobia affect a relationship?
- Why do we have relationships?
- If I am not in a relationship what does that say about me?
- What role models do we have?

. . . plus a whole lot more!

The good thing about going on camp is that conversations

happen outside of the structured workshops. We had more opportunity to talk with each other as people instead of just workers, peer educators and Y@ members.

And talk about talks — talks on the drive down, around the kitchen, dining table, on walks. Everyone agreed that we needed more than the two days to discuss everything we wanted to.

Then there were the stories around the flashlight. No camp is complete without stories of horror, blood and gore and this camp had plenty. The torch was passed around, everyone adding their own particular storytelling styles and twists to the myths. Thanks Talia, I’ll never sleep again! A well-timed possum jumping onto the roof then onto the ground right in front of us led to the biggest fright of all. It had B-grade movie written all over it. The possum made a repeat performance later in the night. At least we hope it was the possum!

Apart from all the relationship discussions there was plenty of singing, dancing and drumming — impromptu was the name of the game. It was a pleasure to go away with such talented folks. Show tunes in the dining area, a Broadway medley on the back porch and a kitchen utensil drumming group out the front. We ROCKED that venue!

Another camp favourite was the treasure hunt. Everyone paired up to track down the letters to make up the word RESPECT, then made a mad dash for glory. First to the worker with all the letters won a prize. The only thing was that the worker took off on a mad dash too!

We finished the weekend off with a trip to the Whispering Wall near Williamstown, then a swim and picnic at the Gawler swimming pool. A cool end to a cool weekend.

A huge thanks goes to all the *Inside Out* folks, especially Ryan for all his hard work in the early stages (like the hard slog paperwork).

Craig

Skoolz Out – Outing the Issue

During 2006, the Sexual Health Working Group, a sub-committee of the Northern Regional Youth Services Planning Committee, which the Northern Team co-chairs, took on the task of addressing the worrying problem of homophobia and other issues facing same-sex attracted young people in schools.

It became obvious to the working group upon the release of two reports — Lynne Hillier’s *Writing Themselves In Again* from La Trobe University, and the *Pathway to Nowhere* report by Ralph Brew which focused specifically on the northern Adelaide region — that homophobia in schools was still a major problem affecting the lives of same-sex attracted young people in the northern area.

Current research both in South Australia and interstate indicates that school is still a very difficult time for many same-sex attracted young people, often due to the homophobia, whether it be overt such as on the playing field, or in more subversive ways such as in institutional systems. Homophobia, on top of the confusion and difficulty same-sex attracted young people experience in trying to understand their feelings and form their identity, makes this time of their lives often one of hardship.

The Sexual Health Working Group aimed to try to raise awareness of these issues in the northern area particularly among those workers who have the highest impact and influence in relation to young people and these issues — teachers, educators, youth workers and of course young people themselves. The working group therefore decided to hold a forum to discuss homophobia and other issues facing same-sex attracted young people in schools.

The forum was held in August 2006 at the John Harvey Gallery (Salisbury Council) and was an interesting, fun and interactive event with a range of activities to complement a presentation by Jane Flentje on the latest findings of the *Writing Themselves In Again* report. Teachers were able to accrue professional development hours by attending the forum as a means of encouraging our major target group.

The young people’s panel stole the event as they connected the information participants had been given with actual life stories and experiences of being a same-sex attracted young person at school in the northern area.

The goal of the forum was to generate thoughts, ideas and awareness of the complex issues that same-sex attracted young people, or those questioning their sexuality, experience at school and in their everyday lives. The Sexual Health Working Group believes that this was achieved when looking at the comments from the evaluations. We would like to have had more people attending, especially from the education sector, but this was a start and hopefully the forum has started the process of ‘Outing the Issues’ as the participants that attended start to feedback the information in their respective workplaces and other safe venues.

Juliet

This article was adapted from the evaluation report written by Danny Hales, Inside Out project, The Second Story North.

Men at Work

Workers from the Southern Team were invited to Lameroo to provide a workshop for young men taking part in the *Men at Work* program. The program aimed to connect young men with the local business and health communities.

The group covered areas such as sex, sexuality, sexual assault, being a man, healthy and unhealthy relationships. We even used an episode of The Simpsons to explore homophobia and masculinity — who would have thought work could be so much fun?

The participants were great to work with and feedback from them included how they enjoyed the honest and open conversations among other guys and getting extra information to what they already knew about safer sex and sexual health.

Craig



Why we work with GLBTIQ people...

SHine SA upholds the rights of lesbian, gay, bisexual, transgender, intersex, queer and same-sex attracted people to express their sexuality free from discrimination and to have access to the full range of sexual health services.

SHine SA will strive to positively influence community attitudes and counter discriminatory practices and negative attitudes which prevent lesbian, gay, bisexual, transgender, intersex and queer people accessing services.

GLBTIQ Portfolio Group

The portfolio group met on four separate occasions during the 06–07 year. This very active, passionate and dedicated group of individuals spent much time strategising and planning various projects and activities aimed at enhancing sexual health services for the queer community. The group is currently working on developing resources and training materials which can be used to educate community groups, schools and organisations around same-sex attracted friendly practices, challenging homophobia and celebrating diversity.

The group continues to extend its networks in the queer community and have a visible presence in supporting same-sex attracted activities and events. An example of this has been staff and Y@’s involvement in this year’s IDAHO activities (17 May), namely:

- IDAHO arvo tea
- Sexual diversity health service audit
- Grrlzone at The Second Story
- GLBTIQ workshop at Flinders University

The group also has future plans to participate in a number of FEAST Festival activities (10–25 Nov):

- Pride March
- Development of GLBTIQ banner
- Photo competition
- Queer/Straight Alliance forum
- Safety in Schools workshop (challenging homophobia)
- Training for Y@’s

Following the Feast event, the group will start working on activities/programs for next year’s Sexual Health Awareness Week event. Any ideas/suggestions/visits from community groups wanting to assist would be most appreciated and welcomed. Strict selection criteria apply including thinking outside the ‘square’, a keen sense of humour, and a good singing voice wouldn’t hurt!!!!

Lucy

SHine @ Pride 2006

Pride Marches are held all over the world. They’re all about the community coming together and marching to create visibility for Gay, Lesbian, Bisexual, Transgendered, Intersex and Queer (GLBTIQ) communities. Pride also gives a chance for allies, families and friends to show their support in a very public way.

Pride March 2006 saw the biggest SHine SA turnout EVER! We were among 2000 people that marched through the streets of Adelaide from the Torrens Parade Ground, up King William Road and down Hindley Street, to be greeted at the Feast Festival opening party.

For the 2006 march, Youth Advisory Team members took on a bigger role in the planning of the march. This was a good opportunity to explore some GLBTIQ issues. We wanted the folks that were marching to know what they were marching for. Along with planning our involvement in the march we decided to look at the history of Gay Pride/Pride Marches, the connection between pride and sexual health (and SHine SA’s role in this), sexual and gender diversity and the impacts of homophobia on our community.

The theme of this year’s Feast Festival was ‘Fairy Tales’ so we decided that we would go with this theme and incorporate the rainbow flag in our dress. Everyone dressed up in the colours of the rainbow flag (red, orange, yellow, green, blue, purple – symbolising the coming together of the GLBTIQ communities) and accessorised with Fairy Tale inspired props.

The actual day was a blast. There was plenty of colour to brighten up an overcast afternoon. Filling Hindley Street with rainbow flags was quite a sight! Supportive crowds helped to make the day. It was great to see everyone having a good time.

Most of the feedback was positive but there was one thing missing – noise. We were colourful but we could have been noisier. It’s definitely on the agenda for the 2007 Pride March, which raises the question – how will you be involved in this year’s march?

Craig



SHine SA staff and Y@ members at the Pride March

IDAHO – every day!

What’s an IDAHO you say? IDAHO stands for International Day Against Homophobia. IDAHO started in Canada in 2003 when they held a National Day Against Homophobia and it has since spread across the world.

May 17 was chosen as the date to celebrate as that was the day the World Health Organization removed homosexuality from its list of mental illnesses in 1990 – that’s only 17 years ago!

IDAHO came to South Australia in 2006 when a group of workers in the northern suburbs, called Northern Voices, started an email campaign to raise awareness of IDAHO and raise homophobia as an issue for everyone.

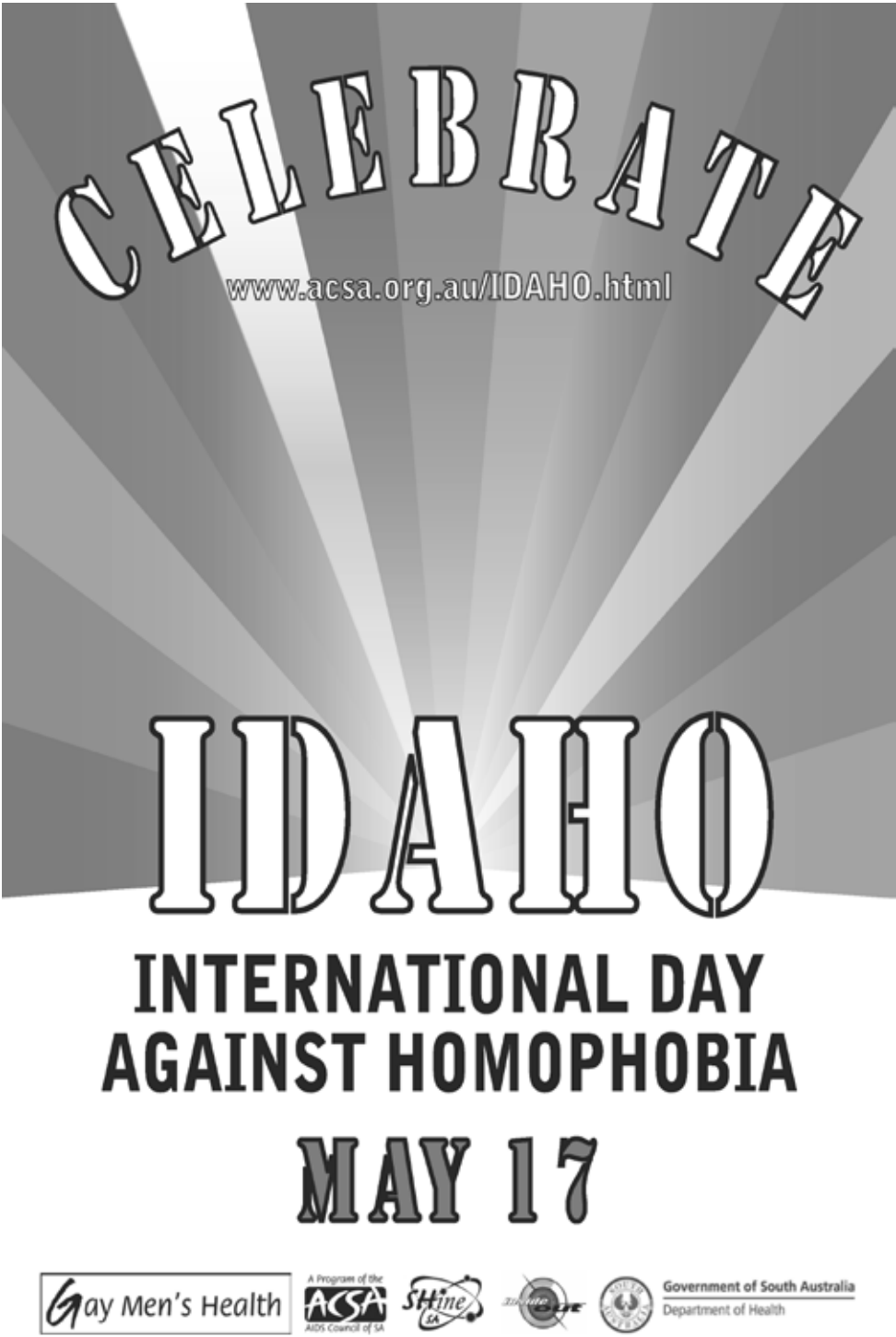
2007 saw a wider campaign with workers from a range of agencies across Adelaide getting together to celebrate IDAHO. We chose the theme of celebration to recognise all the work that has already been done to challenge homophobia, at the same time recognising that there was still a lot of work to be done.

IDAHO was celebrated in South Australia with a range of morning and afternoon teas across the state, displays in local shopping centres and a convoy of cool cars that snaked its way through the city – flags flying – engaging the community via megaphone. It was a nice flip to the all too regular homophobic abuse shouted from cars at passersby (thanks to everyone involved especially those that volunteered their time and cars).

SHine SA celebrated by hosting a morning tea for workers and students in the southern area and conducting an audit of SHine SA’s services in the north. We also helped produce a poster and postcard that was distributed throughout South Australia.

- The postcard offered a range of opportunities for celebrating IDAHO including:
- having a same sex shower or bath together – and conserving water
 - having a kiss-off
 - thanking someone for not being homophobic
 - wearing a rainbow t-shirt
 - thanking someone for not assuming you’re heterosexual
 - hosting a morning tea (serve fairy bread and lemonade, or fairy floss and lemon cake)
 - wearing rainbow ribbons
 - making a display
 - making and wearing an IDAHO badge or sticker
 - flying a rainbow flag
 - dressing up in rainbow colours
 - educating someone about homophobia
 - going to www.idahomophobia.com and signing a petition
 - sending an email message about IDAHO: include a quote of the day or other short anti-homophobic messages
 - writing a checklist of safe places and services for GLBTIQ people
 - blowing bubbles through a rainbow ring
 - OR ... Baking a Rainbow Cake!
- So why not make every day a day against homophobia?
- For more information go to www.homophobiaday.org or if you’d like to be involved in IDAHO 2008 contact Craig at SHine SA’s Southern Team.

Craig



Regional, rural & remote



Why we work with regional and rural communities...

SHine SA acknowledges the difficulties for people living in regional, rural and remote areas in accessing sexual health services due to their geographical isolation. SHine SA works in partnership with these communities to support and equip them to advocate for their own sexual health needs and focus education and training opportunities on the regional, rural and remote workforce.

Regional, Rural and Remote Portfolio Group

The Regional, Rural and Remote Portfolio Group has supported a number of initiatives over the past year, including:

- meeting with workers from regional areas who focus on health promotion to promote SHine SA services and resources
- promoting the website and the Sexual Healthline through existing regional networks
- encouraging regional agencies to get involved in the Sexual Health Awareness Week grants scheme

Desmond

Cadell Training Centre

The Northern Team continued to support the OARS ‘Reach Out’ project at Cadell Training Centre in the Riverland. This program has been funded through the Alcohol Education & Rehabilitation Foundation and the project finished in April this year. During the last year we provided input into the 10-week program in August and November 2006 and April 2007.

SHine SA’s involvement allowed us to work with a group that normally we would have very little contact with – men. Working with the project over five programs gave us the opportunity to provide some invaluable information to over 50 men. Conversations were often around their relationships with their partners and children, meaning we could engage them in some relevant and at times challenging topics. The aim is that this may at some point enhance their relationships with significant others.

What did we discuss in that small room at Cadell? The overall aim of SHine SA’s involvement was to increase participants’ knowledge of sexuality, sexual health and relationships. Ideally, after participating in the program the men would be more informed about self identity, risk-taking behaviours and consequences, positive management of their relationships and issues relating to sexual health, as well as relevant support

Juliet

Expoed Out

The Southern Team has been in demand for expos over the past year, especially in the regional and rural areas. We’ve become experts at packing and unpacking the car and soon we won’t need a road map for our country travel.

We held information stalls at several Southern Fleurieu and Murray Mallee schools that were holding health information days, including Coonalpyn, Mt Compass and Victor Harbor.

We visited Mt Barker for their yearly YACRAP Youth Health Expo and then a few weeks later we were back in the Murray Mallee for the Murray Bridge Careers Expo. It was the first time we had been invited there and it was a fantastic opportunity to access a lot of young people from a wide range of regions. Even though our information was for health rather than careers, we were still a popular stall.

Cherice

Are you game? Take the test!

In 2006 the Northern Team was asked to support the Riverland Regional Health Service in their submission to the Commonwealth Department of Health and Ageing for a Chlamydia Targeted Grant Program. They were successful in obtaining the grant and the Northern Team started working with the health service in November 2006.

Our first involvement was supporting the development of a resource that would be zappy, trendy, easy to understand and aimed at young people in the target group of 16–25 years. This was remarkably achieved by having a short brainstorming session with only a few key people, including a young person who is also on the reference group. The result was a series of large posters. These posters provide information on: What is it? (Chlamydia) How do you get it? How would you know if you had it? What does it do to you? How do you prevent it? and What do you do next? The posters have been used in a range of community settings like sporting venues, schools and other places where young people congregate. They are bright and use limited words and language that is useful! From these ideas a pamphlet, drink coaster and condom wallet have also been developed.

Peer education was seen as a very important strategy to get the message out to young people, especially those that would be difficult to access through other venues. To date the Northern team has provided 2 training sessions to 15 young people covering topics of What is peer education; How personal values affect the way we respond to others; Information on Chlamydia;

Word Find

T E E R T S R E W O B R T P S Y G Y N H
N E D U C A T I O N R F N C P C N C O N
E R T N E C E C R U O S E R I A I N I B
M D G I X A D G R C L D M X H C L A T O
P L R H E Z A G R O Z E P W S O L N A R
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U H L T N Y Y S A A P K F P U R S N W B
M S L K C Y F R L N L N K T P S L C E F
M R E H Y G A U T G U M R E U U X H S D
O P E N I N G N H E S C O K U E S K T T
C S E X U A L C O H O L W H E A L T H B

Find the words below in the image above.

ADVOCACY	INFORMATION
AFTER HOURS	LAUNCH
AGENCY	LIBRARY
ALCOHOL	MENTAL HEALTH
BOWER STREET	NOARLUNGA
CLINIC	NORTH
COMMUNITY DEVELOPMENT	OPENING
COUNSELLING	ORANGE
COURTYARD	ORGANISATION
DAVOREN PARK	PARTNERSHIPS
DEPARTMENT	PREGNANCY
DRUGS	RESOURCE CENTRE
EAST WEST	SALISBURY
EDUCATION	SEXUAL
EXECUTIVE	SOUTH
FLINDERS MEDICAL CENTRE	SUPPORT
GILLES PLAINS	WOODCROFT
GP PLUS	WOODVILLE
GREEN	WORKFORCE DEVELOPMENT
HEALTH	

Answers on
page 15

New resources in the Resource Centre

Bi-cultural feeling faces: reaction packed

Abstract: These cards are used to assist people to build the language of emotions through regularly considering their moods and learning how these underpin behaviour.

Chlamydia: combating the epidemic (DVD)

Abstract: This program alerts health practitioners to the prevalence of chlamydia and the need to take appropriate measures. It aims to facilitate health professionals in asking sexual health questions, discussing preventive measures, and performing chlamydia screening and treatment. The program includes role play where a general practitioner conducts opportunistic screening of a patient at a rural surgery. It also presents a location based study on the Snake Condom Social Marketing Initiative which involves Indigenous young people and the community to encourage safe sex and prevent the transmission of sexually transmitted infections such as chlamydia in a culturally-appropriate manner.

Drinking for two? (DVD)

Abstract: This documentary poses the question “Is it safe to drink at all when you’re pregnant?” To answer this, we hear from a number of people with this problem, their families and experts. The program includes case studies to illustrate the issues for children, adults and Indigenous communities in particular.

The method of shared return: a staff training resource for dealing with bullying in schools (DVD)

Abstract: A staff training resource for dealing with bullying in schools. Dr Ken Rigby interprets, and describes in detail, this internationally recognised Method originated by Swedish psychologist Dr Anatol Pikas. The DVD and accompanying user’s guide present a step-by-step group training session for staff, built around two case studies enacted by practitioners trained by Dr Pikas.

Promoting self protection posters

Abstract: These posters can be used as a one-to-one activity or with a group. They are designed to be used with the FPQ booklet, “I have the right to be safe” (also available from the Resource Centre). It is designed to promote self protection skills in a fun and accessible way for young people. Posters topics include: bodies; touches; warning signs; feeling safe; feelings; and getting help.

Ready, willing and able: a young person’s guide: consent and sexual activity (DVD)

Abstract: This Australian DVD for young people contains information about, and dramatic illustrations of, consent to sexual activity. It gives definitions of consent, sexual assault and sexual abuse, and discusses drink spiking, Internet safety, alcohol and other drugs, date rape and the effects of sexual assault. The accompanying training notes include suggestions for group discussion.

Responding positively to sexual behaviours: the traffic light model (DVD)

Abstract: This resource is designed to assist staff in school environments to respond positively to sexual behaviours. It helps educators to promote a healthy sexuality as well as protect them from harm or abuse. The package includes a DVD, a fact sheet on “Sexual behaviours in children and adolescents” and a CD Rom with supporting materials and resources.

Spittin’ image: body perception (DVD)

Abstract: In this DVD, you get to eavesdrop on John Safran, Sue Turnbull, Associate Professor Eleanor Wertheim and Adam Elliot talking about their perceptions of the body.



Primary health care teams

South



Members of the Southern Team

Southern clinical services

The Southern Primary Health Care Team provides a clinical service for clients at the Noarlunga Health Village and Flinders Medical Centre clinics.

Clients present to the clinics with a range of sexual health and social issues. Young men continue to regularly drop into our clinic to access condoms. This provides them with the options of finding out about our other services and the information available to them.

Demands for appointments have increased this year, particularly for insertion of Intra-Uterine Contraceptive Devices (IUD) such as the Mirena. The increased demand for procedures such as IUD insertion has proved to be quite a challenge. We have adjusted our consulting times to accommodate the longer consultations but waiting times for an appointment have increased.

The two-nurse clinic at Noarlunga Health Services continues to be well attended and gives the nurses an opportunity to extend their practice. This year with the introduction of three Pap Smear Provider (PSP) Nurse Courses, there has been increased demand for PSP nurses to complete their practical training in the two-nurse clinic.



From left, Sue and Annie (Community Health Nurses) with former SHine SA nurse, Trish

Clinic staff have also provided training to several visiting doctors, nurses and medical students this year, enabling them to gain experience in dealing with a range of sexual health issues. We also continue to build networks with other agencies to ensure clients are given appropriate local referrals.

The Southern Adelaide Health Service (SAHS) contacted the SHine SA Southern Team to say SAHS is keen to provide a family-centred approach to Aboriginal health care and asked to share the Noarlunga Health Village clinic location. Plans are now well underway for the co-location and SHine SA staff look forward to a closer relationship with the Indigenous workers.

Sue

Team manager’s report

This year the Southern Team experienced a number of role changes. Rae joined the Professional Education & Resources Team as Acting Team Manager from July 2006 until March 2007 and Annie became Acting Team Manager for the Southern Team during that time.

Edwina joined the team in a Level 2 Community Health Nurse (CHN) position while Sue acted in the Level 3 CHN role. Two of our Community Health Workers, Cherice and Kelly, took parental leave and we were lucky enough to have another Kellie fill their position. Everyone did a fantastic job and it was great to have new energy and ideas in the team.

Two clinical staff retired from their Southern Team positions. Our dedicated and long-serving Dr Anna retired, and her expertise in sexual health clinical training and rapport with clients will be missed. Another long-serving staff member Trish, a casual nurse, has also left us for new adventures in retirement. Trish’s departure will leave a significant gap in our team – her clinical knowledge, experience and eye for detail will be greatly missed by both staff and clients (the clinic cupboards will never be as neat!).

We had two students on placement this year. Sarah, a University of South Australia Health Science student joined us for three months on a health promotion placement. One of our current Y@ members, Jemma, who is an external TAFE student, spent two months on vocational placement with us. The placements provided the students with an opportunity to expand their understanding of sexual health and primary health care and to be part of a multi-disciplinary team.

Shirley joined us to assist with the arduous work of records management. It is a big behind the scenes job and her work on this is very much appreciated by the team. We were also happy

to welcome our new volunteer, Robyn. She is helping Shirley in records management work but also willingly assists us with a range of tasks around the office.

Annie and Lyn were involved with the Sexual Health Strategy consultations with local southern agencies. Positive outcomes of the consultation included the opportunity to increase our regional networks and highlighted the current work already happening in sexual health in the southern area.

Congratulations to the Southern SHine SA Y@, who won a National Youth Week grant from the City of Onkaparinga to run the successful SHine with Sound event held at Noarlunga Centre. They did a great job organising the musical performers and everything ran very smoothly.

Schoolies this year went from a Southern Team event to an organisation-wide activity. It was great to have colleagues from other teams involved. It’s always a fun festival to work at and a great way to spread sexual health messages to a large audience. Talking with young people who were staying at one of the local caravan parks seems to have been very successful and will become a regular part of the team’s strategy in educating school leavers each year.

Several Southern Team members were part of the Pride March this year and it was great to see some of our Y@ members joining us too. The atmosphere was buzzy and upbeat with everyone very colourfully dressed and having a lot of fun.

It’s been a very busy and demanding year but the team members have embraced the changes and their commitment to improving sexual health in the southern region has been outstanding.

Annie

Counselling in the South

Counselling in the Southern Team has continued to be busy with a large number of requests for sexual and reproductive health counselling. Generally there is only a few weeks’ waiting time, which is a little different to other services providing counselling. Some of the main issues that clients present with are painful sex, vaginismus, unplanned pregnancy and sexual identity issues. Dealing with a sexually transmitted infection is also a common issue. There continues to be a large number of requests for counselling in the area of premature ejaculation and desire differences in relationships.

As many of our referrals come from the SHine SA Sexual Healthline and clinic services, many of the clients have had a mini-assessment and are appropriately referred to SHine SA counsellors.

2007 has seen a change in the way in which we receive support from supervision. This service has been great in giving us a chance to gain more insight into the work we are doing with our clients.

It opens up some different conversations or ways of thinking in relation to a specific issue. It is also a chance for the counselling team to meet and share a time together, which is also valuable for team building.

Telephone and/or email support has continued to be offered from all of our regions. For many individuals it is hard to make the time to come to an appointment or they are unable to visit the city for a specific appointment. At least we can offer some sexual health support or information in a way that is more convenient for some of our clients.

We have continued to update and improve on the range of books that the Southern Team has in our little library. The library has become a valuable resource for the local community and it is not uncommon to find people relaxing and reading some of these publications.

Lyn

Mandatory Notification update for SHine SA staff

Workers from the southern and northern teams have been working together over the last year to update and review the changes and information in relation to Child Safe Environments and Reporting Child Abuse and Neglect, and put together a training workshop for SHine SA staff. The training was planned as a half-day update provided to the entire staff.

This year it was decided that training could be completed in the three team locations. This enabled a more relaxed atmosphere and allowed more people to ask questions due to the groups being smaller.

Facilitating the training provided the workers with an opportunity to gain a deeper awareness and understanding of the legislation, and what to do when you suspect abuse or neglect.

Training notes were provided to SHine SA in Powerpoint format. It was a new opportunity to use Powerpoint in training, which was very easy and exciting.

Lyn

Loving the unlovable

my place of home is peace of mind, safety and rest
to be released from all thoughts of judgement, of myself
and others
I am an innocent child who wants
to be free to be who John is
Freedom from worry and fear
Freedom just to be me

by John
(counselling client, 2007)

SHAW in the South

For Sexual Health Awareness Week (SHAW) four workers and three Y@ members over two nights visited local pubs and venues as well as some bottle shop drive throughs in an attempt to encourage safer sex. We handed out condom packs with condoms and lube containing the SHAW message of Safety, Pleasure, Respect. Being part of both nights, it was interesting to see the welcoming attitude from the managers and owners of the pubs and clubs we visited.

Rebecca

Word Find answers from page 14

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SHine SA Woodville



Primary health care teams

North



Members of the Northern Team

Team manager’s report

This past year has seen the Northern Team experience a number of changes in staffing. Two very experienced and valuable staff members took 12 months leave without pay. Both have left the state for a period and Michelle, who held the position of Community Health Worker – Youth Focus, has since resigned, deciding to work overseas for an extended period. Robyn, who held the position of Community Health Nurse, is currently residing in a warmer part of Australia. Joining the team for 12 months are Jody as Community Health Worker – Youth Focus and Laura as a Community Health Nurse. Another nurse, Sandra, also joined the team, filling a long vacant position.

The team continues to build partnerships with agencies in the north and local communities. This is evident in the increased usage of our services and the invitations to become involved in new local innovations such as the Healthy Learning project at Smithfield Plains High School. This year the team took a strong role in the reconciliation event initiated and run by the Northern regional reconciliation group.

As the manager I have been involved in such partnerships as the Swallowcliffe Community Campus and as a member of the ICAN committee (Innovative Community Action Networks) set up by the Social Inclusion Unit which oversees the funding and outcomes of various projects in the north. The Northern Team is located in the Peachey Belt in Davoren Park, an area included in the proposed Playford North redevelopment. The population of

the immediate area is set to increase from approximately 13 000 to 30 000 over 10–15 years. Also located nearby will be two ‘super schools’ from birth to either Year 7 or Year 13. This makes for an interesting and exciting time for agencies in the north who are looking forward to working collaboratively to respond to the changing and growing needs of the community.

The team has given considerable support to a number of projects including the northern *Talking Realities* project at Para West Adult Campus, the Chlamydia project in the Riverland, the development of the Men’s Health Conference due to be held in Adelaide in October 2007, and is currently developing a Young Dads Project with Para West Adult Campus funded by Community Benefits SA. Reports on these initiatives can be read elsewhere in this report.

The team is looking forward to the challenges with changing communities over the next 12 months.

Sue

Staff profile: Laura

Hi there. My name is Laura and I have recently joined the Northern Primary Health Care Team. I am a Registered Nurse and have had experience in acute care and Aboriginal community health. I work mostly at the Davoren Park clinics but also at the youth clinic at Shopfront every Thursday. I am really happy to be working at SHine SA and am looking forward to meeting new colleagues and clients in the future.

Staff profile: Jody

Well, it’s not only a ‘hi’ but a ‘bye’ from me as well!!! I have been working in the Northern Primary Health Care Team over the last 12 months with a focus on working with young people in the northern area. I have been fortunate to work with some fantastic young people and workers, and boy, have I seen a lot of SA!! From the Riverland and a peer education project to delivering sexual health programs to young people in Port Pirie, Kadina and even as far away as Para West Adult Campus! I have enjoyed my time in the Northern team and have loved the challenges of working in this complex but really rewarding area. I have loved every minute of it. Thanks for having me!!



Jody

Clinical services

The Northern clinical team has seen the departure of two very experienced Community Health Nurses and long-time SHine SA employees, Marg and Robyn. Fortunately, we still have access to Marg’s wealth of knowledge and experience through her involvement as a casual staff member. With the changing of nurses we have had to rely on casual staff until positions were permanently filled as the demand in the clinics continued. Wendy has been a reliable and flexible casual nurse and we are very disappointed to see her moving interstate at the end of the year. We are pleased, however, to welcome two new Community Health Nurses, Sandra and Laura, to the team.

Clinical services continue to be well utilised at all the northern sites. We provide clinics staffed by a Medical Officer and Community Health Nurse at our Davoren Park site four days a week, and a Modbury clinic on Monday afternoons. The youth-specific clinic held at Salisbury Shopfront Youth Health Information Service on Thursday afternoons is staffed by two Medical Officers, and now due to the increase in demand a Community Health Nurse will join the team each week.

The nurse clinic held at Lyell McEwin Health Service on Tuesday evenings was closed for a few months due to staffing changes but has now reopened, much to the relief of the clients requesting services outside of office hours.

As well as medical/nursing staff, all the clinic sessions have a clinic receptionist who is an integral part of the team and at times doesn’t get enough recognition for the part they play in ensuring that our clients get the best service we can offer.

The clinic at Northfield Women’s Prison continues on Friday mornings, now into its fourth year.

This year we are trialling a clinical information service with direct referral to the Davoren Park clinics at the Para West Adult Campus, called ‘Sexual Health For Everyone’. It is staffed by two Community Health Nurses once a week, offering free advice, information and referral.

As well as direct clinical services we have continued to support and train fifth year Obstetrics and Gynaecology medical students and supervise/precept Medical Officers and Nurses for clinical placements.

Annette

Disability work in the north

There has been a steady flow of requests for both 1:1 education and support with groups within the northern area. The team has not been able to respond to all requests due to limited staff availability but has combated this by focusing on supporting agencies to work with their own clients. In some cases this has worked extremely well.

We have worked in partnership with staff from Corrections to provide a specialist education program. This has been challenging but there have been some positive outcomes for the client.

Juliet

Northern Counselling News

Counselling in the north continues to wax and wane – there has been an increase in one-off sessions around a range of issues, with desire discrepancy still quite high as a presenting concern. It is a continuing challenge working with issues that are both intriguing and at times perplexing, but always interesting and never overwhelming. As a sexual health counsellor, I continue to increase my knowledge of different sexual health concerns and feel that I could be here for another 10 years and still be learning about sexuality, as diverse and expressive as it is.

I have also been doing some community education, most recently at Para West Adult Campus and the Salvation Army in Elizabeth East. Both these sessions were to adult men from the area aged around 30–50+. There is much interest in information on sexually transmitted infections and I have found the participants most engaging in their questions and curiosities on the subject.

This has been a useful way to promote counselling and other SHine SA services in the community and I’m hoping to see this reflected in the number of young adult to middle-aged

men using the counselling and/or other services. There are other opportunities to continue working with both PWAC and the Salvation Army, so it has been good to get the word out there!!

I am currently involved in the development of a Pregnancy Choices Training Course, with staff from the Pregnancy Advisory Centre, Michel from The Second Story and Jo and Edwina from SHine SA.

I have had my ‘first ever’ student this year, a Social Sciences student from UniSA. It was her first placement too, so a steep learning curve for both of us. I enjoyed the experience and am gearing up to take a Social Work student from Flinders Uni in the second semester. It is somewhat complicated as I am a psychologist by profession, so external supervision has to be arranged, but I’m hoping it will be a rewarding experience for both of us and all of SHine SA.

That’s about it from the ‘Northern Counselling Corner’ for now!

Abby



Members of the Northern Primary Health Care Team at a team planning day

Staff profile: Sandra

My name is Sandra and I joined SHine SA’s Northern Team as a Community Health Nurse Level 2 in May 2007 after moving from Melbourne with my family. It’s great being back in my home state after nearly 20 years away and in the first Primary Health Care role of my career.

During the last five years I have worked in a tertiary public hospital and largely focused on gynaecology, medical and surgical nursing and in 2006 became credentialed as a Pap Test provider after completing Family Planning Victoria’s Sexual & Reproductive Health Nurses course.

The Northern Team specifically and the SHine SA community generally have been very welcoming. The collaborative approach of our staff is rewarding and although I will primarily work in clinics I have already had a brief foray into community education with Jody. I look forward to more such opportunities in the future.



East/West



Members of SHine SA's East/West Team

Team manager’s report

SHine SA's East/West Primary Health Care Team is a dynamic, creative group of individuals who come together as a multidisciplinary team to improve the sexual health of South Australians. The team is based at the Woodville GP Plus Health Care Centre.

An Annual Report provides the opportunity to reflect on the past 12 months – highlights, challenges and changes that have taken place. The main focus of the team has been the consolidation of services in the western suburbs of Adelaide, the majority of the team having relocated to the Bower Street cottage in March 2006 and then into the GP Plus Health Care Centre in April 2007. This move has encompassed the highlights and challenges, as well as the major change for the team.

The clinical team managed a number of changes in the last year including the relocation of clinics from Bower Street, Kensington and Port Adelaide to the new site at Woodville. The move of clinics from Central Northern Adelaide Health Service (CNAHS) at Port Adelaide closed the chapter on many years of service provision in partnership with SHine SA. The challenge was to move the clinics from a number of sites with minimal disruption to the provision of services to the public. This challenge was met due to the hard work, dedication and commitment of the team who have now established the clinics at Woodville which run every day, Monday to Friday. The only East/West clinic not located at Woodville is the clinic on a Thursday afternoon at CNAHS, Gilles Plains Outreach Campus. SHine SA staff work closely with the staff at Gilles Plains and the local community. The East/West Team greatly values the collaboration and partnership with CNAHS as demonstrated by the many years sexual health clinics have been run from Port Adelaide. They have also become a key partner in the development of the Woodville GP Plus Health Care Centre.

The team also works closely with a range of other agencies and over the past year has strengthened relationships and developed new connections. During Sexual Health Awareness Week the team invited workers from a range of agencies to join in a celebration of the week and to provide an opportunity for people to visit the premises at Bower Street. In the same week the East/West Youth Advisory Team focused on working with the Western Domestic Violence Support Group to run a ‘pampering’ day for women and their children. There were also frequent visits from young

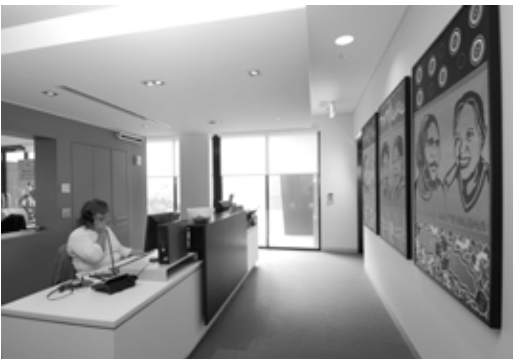
people linked to Youth Central, one of our nearest neighbours in Woodville, and many other services. The cottage at Bower Street was often full to over flowing with clients accessing clinics, counselling and community development activities.

The partnerships developed during the 12 months in the cottage enabled a smooth transition, in terms of service provision, into the building on Woodville Road – really a trip across the car park! The move has meant an increased capacity in our ability to provide health services to people in the western suburbs. The GP Plus Health Care Centre is a unique partnership in the provision of services, particularly to young people in an integrated way responsive to their needs. The Centre also enables a range of primary care providers to work together in providing integrated services which meet the health needs of local communities. As a consequence we can refer clients using our services seamlessly to other services operating in the centre, like Drug & Alcohol Services SA, and vice versa.

The team continues to be responsive to the communities of interest through a range of activities including one-to-one work with people who have a disability, working with the local schools, attending drop-ins, running groups for young people who are at risk, going into secure care settings, responding to people who drop into the service, supporting the training of doctors and nurses, participating in health promotion events and much, much more.

I would like to acknowledge the hard work and diligence of all members of the team over what has been a year full of challenges, highlights and much change.

Desmond



Clinic reception at Woodville

More New Faces and Places!

Early 2007 saw Michel leaving us as Jo returned to the counselling position in the East/West Team. Soon afterwards the team moved again, this time into the brand new premises on Woodville Road (just next door!) along with the Professional Education & Resources Team (PERT) from Kensington.

Counselling sessions were running almost immediately after the move, with Jo seeing many clients about sexual concerns in relationships, including painful intercourse, reduced sexual desire, and anorgasmia. Some clients presented with worries about behaviour such as cross-dressing, excessive masturbation, and internet-porn addiction. Others, who identified as intersexual or bisexual, came to explore issues not specific to sexual health but rather because SHine SA was found to be a safe place to seek help. Finally, support was offered to people for various concerns such as the sexual effects of assault/abuse (including rape), unplanned pregnancy, termination, and sexually transmitted infections.

Jo presented on ‘sexual difficulties’ at the doctors course at SHine SA and ran discussion groups at various locations, including workers at Drug & Alcohol Services SA, and Aboriginal girls at Warriappendi School supported by PERT workers.

Work continued with Pregnancy Advisory Centre counsellors on a new course to be trialled in 2007 called ‘Pregnancy Choices’ which aims to provide information for experienced workers. Additional work was carried out on creating a new Pregnancy Options information leaflet for SHine SA, editing the disability workers manual and updating the counsellors’ referral lists and the policy and procedure manual.

Jo

Primary health care teams

History of sexual health clinics in the West – a personal reflection

As SHine SA launches into a new era of sexual health service delivery in the west, it is timely to reflect on the past and discover where we started and how far we have come. The first Family Planning clinic was held at South Terrace Mothers and Babies in 1970. Three more clinics were established in the following three years at Seacombe Gardens, St Agnes and in the west at Port Adelaide.

The first clinic to be held in the Port was at the Central Methodist Mission. There was only enough space in the building for a receptionist and a waiting area. The Doctor and the Registered Nurse had to conduct the clinic in the ‘Mothers and Babies’ caravan which was towed to the site weekly. Power for lighting was supplied to the caravan by a lead run from the Mission building. Water for the clinic was in the caravan tank and therefore in limited supply. In the event of rain, clients were escorted from the waiting room to the caravan with an umbrella!

When the Central Methodist Church became part of the Uniting Church a new building was built for the Mission. The Family Planning Association had use of the building on Thursday evenings and initially the doctor was allocated the use of the small, locked Social Worker’s room. If the key was not left out, the only alternative room available for use was that space at times used as the chapel. On one occasion, when the doctor had left the clinic for the evening, the Pap smears slides were found lined up on a wooden chest that was otherwise used as the ‘altar’. This clinic was very busy, particularly with New Arrivals from Vietnam accessing the service. Clients would often arrive without an appointment and the clinic would continue until all the women had been seen. Consequently the doctor was occasionally inserting IUDs well into the night, closing up on several occasions at 11:30pm.

The next move for our clinic was to the Dale Street Women’s Health Centre when it was located in its original two-storey building across from the Port Adelaide Community Health

Service (PACHS). This was a clinical facility which reduced the amount of furniture movement required for setting up the clinic and was therefore more convenient. As it was a designated ‘women’s space’, however, male clients and partners did not feel comfortable, and we had to work hard to encourage their continued attendance. Eventually the clinic was moved to PACHS after renovation of the building was completed. We were involved when the building was officially opened by the Health Minister, Dr John Cornwall.

In 1989 Family Planning SA regionalised its services and the first Western Team was based in PACHS. This team was made up of a Community Health Worker, and a Level 2 and Level 3 Nurse but no manager, and it was responsible for clinical services at Port Adelaide and Torrens Road, Ridleyton, and community education and development in the western region.

My involvement with the Port Adelaide clinic began in 1974 but was intermittent for a number of years. I worked in the Thursday evening clinic. With the advent of SHine SA and more extensive regionalisation, the decision was made to increase the number of clinics in the west. My involvement on a clinical basis therefore changed to include all day Friday and occasionally on a Thursday afternoon for the Nunga clinic which followed the Nunga lunch at 12 midday.

In later years as Level 3 Registered Nurse on the East/West Team, I have appreciated the cooperation and enthusiasm of PACHS staff in supporting up to four SHine SA clinics per week. This included the provision of services to young people, allocating adequate space and facilities for SHine SA clinical and administrative work and assisting with the occasional emergency due to staff illness.

I look forward to the cooperative association, which has existed for so long in the Port, continuing at SHine SA’s new western base at Woodville.

Gay

Clinical services

6 casual staff, 5 doctors, 4 nurses, 3 receptionists and 2 sites makes 1 amazing clinical team!

Well, let’s stop for a breath and reflect on what has been a year of great change.

Most of 2006 saw clinical services running from Kensington, Port Adelaide, Bower Street Woodville and Gilles Plains. It was a relatively smooth transition transferring 3 clinics to the character cottage behind the site of the yet to be built GP Plus Health Care Centre at Woodville. Clients showed patience and flexibility in competition over building site noise and parking challenges.

Having a clinical presence at Woodville allowed greater access for clients from culturally and linguistically diverse backgrounds, clients newly arrived to Australia and local young people. Often the waiting room was buzzing with different languages, interpreters, colourful clothes, characters, piercings and beautiful babies in prams.

2006 and 2007 have also shown an increase in the number of Pap Smear Provider nurses who attend for their 2-session clinical placement. General Practice nurses, and rural and remote nurses, competent to take Pap smears on local women, can only help to improve the uptake and acceptability of having regular Pap smears.

With the move-in date to the new building looming, we sadly had to farewell our partner agencies at Port Adelaide, where Family Planning and SHine SA has had a clinical or team presence continuously for the past 35 years. We will continue some co-working in other ways, and hopefully clients will make the short trip down the Port Road to Woodville.

Kensington clinics also closed and were part of the big move. Sexual health services have been well known in the Kensington/ Norwood area for many years, since the Dunstan era of the 1970s. Many passionate, pioneering women and men helped to secure and build the reputation of that site as the sexual health centre of excellence. Older clients may remember the old bungalow on the Phillips Street site and the change to the pink and blue building in the 1980s.



SHine SA nurse and client in a new clinic room at Woodville

Previous Kensington clients may have further to drive now to Woodville, or choose to seek a local GP, but newer and more disadvantaged clients in the western suburbs can now enjoy increased access to sexual health services which have previously been sparse or absent in the west.

Gilles Plains clinic, based at the Gilles Plains Community Campus at Hillcrest, continues to thrive in its organised chaos. Set in a renovated timber school building, clients are welcomed with a warm smile and a professional but casual manner. Clients include a multinational mosaic of the newly arrived, local Indigenous women, clients from the Royal Society for the Blind and many clients accessing the service on foot or public transport.

Within a 2-week turnaround of ceasing clinics at Bower Street, and amalgamating 3 sites into one, 7 clinical sessions started at the new Woodville building on 1 May 2007. These include 2 targeted youth clinics and 2 nurse-led clinics.

The spacious, light and modern clinical facilities are a wonderful space to continue the specialised sexual health services to the community.

We look forward to maintaining and building on our reputation for quality sexual health services to diverse communities in the west.

Sue

Workforce development



Members of the Workforce Development & Resources Team

Workforce Development & Resources Team

Having joined the team only five months ago life has been moving at a pretty frantic pace! With five new staff members, a brand new location and a name change, the Workforce Development & Resources Team is now looking forward to enhancing its profile at the local, state and national level.

The team continues to work collaboratively with occupational and community groups in various areas of sexual health. We have spent time reviewing our courses, ensuring that materials are up-to-date-and in tune with industry needs. We continue to investigate options for flexible learning (e-learning) and develop new delivery strategies in order to maximise the impact of training.

At a management level, I have been involved in many interagency and departmental initiatives including Women's Service Network, Department of Health Registered Training Organisation (RTO) strategy, and Interagency Training Committee. In all these forums I advocate on behalf of SHine SA and its communities of interest in ensuring that the greatest possible outcomes are achieved for clients through education, health promotion and early intervention activities.

I am also involved in the Sexual Health and Family Planning Australia (SHFPA) Educators Forum. This enables me to establish valuable partnerships and networks with other sexual health educators across the country. Involvement in this forum not only informs our practice but also enables SHine to influence policy and practice standards on a wider scale.

In addition to the educator role I have also been representing the organisation in developing partnerships with World Vision to implement an HIV Prevention project in the Solomon Islands. At this stage we are still in the process of finalising the contractual agreement.

Finally, the team will now be focusing its energy on renewal of registration as an RTO. SHine SA's RTO status is due to cease on 14 October this year, therefore the next three months will be busy ensuring that our RTO systems and processes are to the standards required by the Australian Quality Training Framework (AQTF).

Yep, what a time to join the team! We love a challenge!

Aboriginal youth education

Well it's been a busy year for me. Aunty Ros retired so I ran the 6-day accredited ATSI Women's Course twice over the last year. Aboriginal women from Palm Island, Townsville and Alice Springs attended the training as well as house parents from the Wiltja residence.

I also ran some sexual health workshops with Aboriginal women in different communities. The Murray Bridge workshop was a great success – we had Grandmothers attend as they felt it was important to learn about sexual health issues and how to put a condom on correctly, so they could teach their Grannies and give them the right information around sexual health.

The women from Pt Augusta, Whyalla and Pt Pirie who completed the training and workbook had a graduation ceremony at the Pika Wiya Health Service. Cephus Stanley, the CEO of Pika Wiya, presented the women with their Statement of Attainment.

In my ATSI youth educator role, I travelled around the state working in different communities with the young people, educating them around relationships and sexual health. Derek, the Aboriginal youth worker, came along as well to have a yarn with the young men.

As we do every year, we also attended the Crocfest. We shared a tent with the Drug & Alcohol workers from Pt Augusta and the newly named Pt Augusta Youth Health Service 'YOUR SPACE' with Dr Andy.

This year the Aboriginal Youth Day in Youth Week was held at St Clair Recreation Centre. It was very entertaining, with lots of information stalls, and the Warriapendi School band played. They were deadly!

Have a great year and I will see you next year in our Annual Report. Nukkenya.

Lucy

Aboriginal & Torres Strait Islander Men's Sexual Health Education

Warren has recently joined the Workforce Development & Resources Team as the ATSI male education coordinator. Warren has been working in the area of Aboriginal health for approximately 17 years at community, regional, state and national levels. In that time he has held different roles from Community Health Worker to Project Officer on various programs and projects.

Warren has qualifications in Aboriginal Health as well as a Bachelor of Applied Science degree in Indigenous Community Management and Development.

For any enquiries relating to the men's course phone 8300 5317 or email: warren.milera2@health.sa.gov.au

Warren

Sexual Health and Relationships Education Network for teachers

Are you interested in receiving information about relationships and sexual health:

- resources
- professional development opportunities
- latest statistics
- relevant journal articles
- forums/updates for teachers on relevant topics
- debates on current issues
- conferences
- survey reports
- networking opportunities

If so, become a member of our Sexual Health and Relationships Education Network for teachers by contacting Jane, Coordinator of Teacher Education, SHine SA, email jane.flentje@health.sa.gov.au

Frances

Why we work with workers...

SHine SA recognises the importance of developing the knowledge, skills and confidence of professional groups around sexual health so they have the capacity to provide good, quality services and programs in their local community.

Workers Portfolio Group

Training programs about sexuality and relationships are offered by SHine SA to people who work with our communities of interest. This is one of the most effective ways to make sure that information about sexuality and relationships is disseminated through communities and reaches much further than if SHine SA was the only agency doing the work.

Programs are offered to nurses, doctors, teachers, youth and Aboriginal health workers and workers in the disability sector. For further information visit the website www.shinesa.org.au or phone (08) 8300 5300.

The specialist Library & Resource Centre lending service further supports workers to teach in this area.

Rae

Structural support for sexual health needed in disability sector

Workforce development of the disability services sector is now at a difficult juncture which has implications for SHine SA and its role in developing the sexual health capacity of the sector.

On the one hand, there has been a positive requirement for several years now that all direct care workers in disability accommodation services attain a minimum of Certificate III in Community Services. In practice, this has meant that SHine SA has seen a steady increase in requests from registered training organisations to provide training under an element of competency entitled *Maintaining an environment which supports the expression of sexuality and identity of the person with a disability*. While there has been a lack of consistency in the time which is made available to provide this training, over the last 12 months approximately 260 direct care workers and university and TAFE students from over 10 different registered training organisations have completed an average of 5.5 hours on sexuality and disability as part of their training. This training is essential as it is often the coal-face workers who have greatest opportunity to make small but significant impacts on what is and isn't talked about in a home and community setting and on how sexual health needs and sexual behaviours are understood, anticipated and responded to. In the coming year this demand is expected to increase as organisations outsource more of their accredited training, which may put some strain on SHine SA's capacity to deliver.

In contrast, recent structural and budgetary changes in the disability services sector have meant that staff have less access to in-service training opportunities such as those conducted by SHine SA. The Disability and Sexual Health (DASH) course has provided in-depth training to only 14 workers from across the disability sector in the last 12 months. While the assessment tasks are optional, it is obvious that many professionals struggle to find the time and scope to implement the assessment tasks in the course of their work. This suggests that there needs to be urgent attention paid to structural support for sexuality and human relations issues in the disability services sector. For example, some staff report that they do not have permission

to do group work, which prevents them facilitating structured group learning for clients (a well-known and effective strategy in breaking isolation and reinforcing social learning).

Late 2006 saw the introduction of a short series of free afternoon forums on Disability and Sexuality issues. 45 people attended the panel workshop entitled *Loneliness, longing, depression and the need for intimate touch*. Clearly many people in the disability sector are acutely aware of the need for greater structural attention to be paid to the social and personal intimacy needs of people with disabilities! In total, the forum program attracted 90 people including parents and family members. Many thanks to Denice Wharldall and Val Crowther from Leveda Inc. who were so heavily involved in the last forums for 2006.

The move into the 2007–08 financial year sees the Afternoon Forum program continuing, this time with a focus on:

- Sexuality and Human Relations Policy in Disability Services
- Acquired Brain Injury and 'Disinhibited' Sexual Behaviour
- Working Well with Gender and Power

It is hoped that this forum program can be expanded if time and resources permit.

Requests for tailored training continue to be made by a range of agencies with about half resulting in a definite outcome. About 50 staff from different agencies have participated in this option. A group of disability staff (or parents) who are wanting support to work through a series of values, information and strategies relating to sexuality, sexual health and relationships can approach the Workforce Development & Resources Team of SHine SA to explore what is possible.

2006–07 has also seen the continuation of the Sexuality and Disability email network newsletter *Against The Grain*, which now goes directly to over 100 subscribers. Thanks to Disability SA for helping to spread this further with new subscribers signing up each issue.

Ralph

Community education at a glance

There were 39 651 participants in community development programs for 2006–07. These programs included Sexual Health Awareness Week, Big Day Out and Healthy Start Pathways.

There were 117 registered participants in community groups who attended 204 sessions for 2006–07. These groups included Sexual Assault Peer Education, Just Chillin', Talking Realities and Keeping It Together.



Website statistics

There were 1 113 958 sessions accessed on our website from 1 July 2006 to 30 June 2007

Top 10 areas accessed on the website:

Your Sexual health	22.51%
Youth online	17.38%
Youth Work	8.08%
Publications	4.73%
Courses and Workshops	4.54%
Shine SA Services	4.53%
Special projects	4.14%
Library and Resources	2.41%
Teachers	2.13%
Disability Work	2.11%

Top 10 resources downloaded from the website:

<i>Clinic locations</i> (PDF)	5.10%
<i>The Pill</i> (PDF)	2.14%
<i>Choices in contraception</i> (PDF)	1.93%
<i>Contraceptive implant</i> (PDF)	1.57%
<i>Sex dictionary</i> (PDF)	1.48%
<i>Intra-uterine device</i> (PDF)	1.45%
<i>Sexual health statistics</i>	1.27%
<i>MEDS (March 2006)</i> (PDF)	1.24%
<i>What do you reckon?</i> (PDF)	1.20%
<i>Emergency contraception</i> (PDF)	1.15%



SHine SA nurses counselling course

Medical education

Once again the Medical Education team of Dr Anne Stephens and Dr Katrina Allen has provided a professional and exciting Medical Education program this year. The enormous range of education sessions undertaken would not have been possible without the flexibility and willingness of co-workers at SHine SA who provide a strong resource base of experienced and skilled Medical Practitioners, Nurse Practitioners and Counsellors. The move into the new building has coincided with the use of new technologies, and we are delighted with the airy and light surroundings, even if we have at times been challenged by some of the differences.

Undergraduate training included:

- Teaching for Flinders and Adelaide University medical students
- Rural medical students teaching session via satellite link-up through Adelaide University. Anne Stephens has worked hard to enhance the education for the rural and remote students.
- Pharmacy student teaching both at the third year undergraduate level and at the pre-registration level.
- Some medical students have chosen to do their electives with us: this gives the student considerable clinical experience and the organisation benefits from their enthusiasm and application to projects during their time with us.

General Practitioner training

Introductory Course in Sexual and Reproductive Health, a 2-day course, is delivered to all of the GPs-in-training during their first term of placement in the community. We are very grateful for the expert help from Dr Nicola Chynoweth from Clinic 275 and Dr Leslie Shorne from Cervix Screen SA. The large numbers of doctors who attend this course (35 in the March intake) stretch our resources and the teaching prowess of the clinical staff, in particular Dr Anusha Visvanathan and Dr Anna Neoh, was much appreciated, as was Mr Ralph Brew's contribution in a new session on *Disability and Sexual Health*.

This year the *Certificate in Sexual and Reproductive Health*, the extension of the Introductory Course, was one of the first courses run in the new Woodville building. We had 12 participants from a variety of backgrounds including very experienced rural and remote practitioners. The Certificate is enlivened by the input of various experts such as Dr David Munday (O&G specialist), Ms Virginia Gill (physiotherapist), Dr John Bolt (urologist), Dr Mark Fuller (from The Second Story), Dr Priya Selvanagayam

(dermatologist) and Dr Meredith Frearson (women's health specialist). SHine SA staff made important contributions to the program and between them Anne and Katrina kept the week on track. This 5-day course culminates in a clinical examination with multiple choice and written papers as well as a practical component, all of which was run in the uncertain setting of the new building. It is a credit to the ingenuity and collaborative skills of the SHine SA staff involved that these exams ran smoothly this year.

IUD training has continued as we offer both theoretical and practical training. Many thanks to the nursing and medical staff who have organised and run the practical training clinics which ensure that we deliver such high standard teaching.

SHine SA Education Meetings

Dr Liz Coates energised everyone with her presentation on *STIs and Oral Health* in October 2006, leaving us with a much developed appreciation of variations in oral health.

Ging more clearly was presented by Ms Leslie Wightman (Hep C Council educator) and Dr Georgina Baker (gastroenterologist) in June 2007. This was a timely update on the considerable changes which have developed in the understanding and treatment of Hepatitis C.

At our next education meeting Dr Louise Hull will be talking about adolescent gynaecology to extend our understanding and ability to manage common problems in this life stage.

We have continued our work in community education, including participating in sessions for inmates of the Adelaide Women's Prison in a team teaching effort with the Hep C Council, Positively Women Project and Women's Health Statewide.

For all of the medical team at SHine SA it is a constant process of updating and reviewing our practice. This year a few SHine SA doctors went to the 14th Annual Women's Health Conference held in Queensland in February, which provided a comprehensive update in many aspects of women's health, as well as the Australasian Sexual Health Conference (Tasmania, August 06). One of the Medical Advisory Committee's constant tasks is to review and advise on best practice in sexual health care. This process has been greatly assisted by the re-connection with the national medical committee of family planning organisations (SHFPA) and the regular teleconferences, emails and other meetings which help to define and underpin our teaching and practice in sexual and reproductive health.

Katrina

Midwife Muses & Nursing Natter

Nurse and Midwifery Education

Well, it certainly has been action stations at the desk of the Coordinator of Nurse and Midwifery Education! Changes have been afoot with one person legging it and another stepping in!

Prue has taken 12 months leave and is sunning herself in Alice Springs, but Prue being Prue, she had her hand up to help at the Cancer Council before she touched the ground!

In her place at SHine SA I sit and toil until her due return in February 2008. But the show must go on and so the courses and workshop requests keep coming...

The **Pap Smear Providers (PSP) course** is a popular choice among nurses and midwives and with the introduction of the Medicare rebate many Practice Nurses have enrolled for the course. Being the only course in South Australia offering specific Pap Smear Provider accreditation and developed in conjunction with SA Cervix Screening Program, the course has the support of the SA Division of General Practice. Five PSP courses have been run in the 2006–07 financial year, with 39 participants completing the theory component, 22 completing their clinical component and another 5 applying to do their placement. In addition, 7 midwives attended the PSP theoretical workshop at the Women's & Children's Hospital and will complete their clinical component there.

Feedback from participants has been enthusiastic and very positive. The session with the Gynaecological Teaching Associates is particularly popular and the teaching of these wonderful, empowering, inspirational women deserves all the accolades received.

Comments by participants and preceptors are carefully considered and this has resulted in some changes to wording of the workbook and the certificate awarded.

The **Certificate in Sexual Health** has only been held once this financial year but enquiries show that there is a need for the two courses per year that are usually offered. This course is accredited by Flinders University and UniSA for 9 units of academic credit and is currently being reviewed by the University of Adelaide with a view to accreditation. The course consists of a theoretical, counselling and clinical component, with the theoretical component also approved for credit by TAFE SA for the Post-Enrolment Diploma for Enrolled Nurses.

Nine nurses and midwives have completed the theoretical component of the Certificate in Sexual Health this financial year, with seven also participating in the counselling component. Once these participants have completed the clinical component of the certificate, they will be armed with the knowledge and skills to provide clinical services in sexual health to members of the community.

The professionalism and proficiency of the SHine SA nurses in catering to the clinical needs of course participants deserves full recognition and due accolades. The nurses of the Primary Health Care Teams individually negotiate clinical times and rosters with each course participant and offer each one support and encouragement with every client.

A new course has been developed and is to commence in October. **Pregnancy Choices Training**, designed for professionals, defines and explains all the options available to women experiencing an unplanned pregnancy. It will be open to nurses, doctors, counsellors, community health workers, school counsellors, youth workers, indigenous health workers, and any professional who encounters clients with unplanned pregnancy. Topics include: global/local context of unplanned

pregnancy; genetic issues; termination; continuing pregnancy; adoption; antenatal options; cultural considerations; and medico/legal issues.

Day 1 will focus on information provision by experienced workers from the women's reproductive health sector. Day 2 will focus on application to practice and cover counselling responses within a variety of contexts.

We are very excited about offering this course as it will provide crucial knowledge in an area that is currently lacking.

SHine SA is a member of **Sexual Health & Family Planning Australia (SHFPA)** which means that there is national sharing of course information and content. As Coordinator of Nurse and Midwifery Education I liaise and have regular audio conferences with my interstate counterparts in Family Planning. We ensure an agreed standard is inherent between the nurses courses offered in each state and collaborate to achieve best practice in sexual health care within Australia by information sharing and networking. Our relationship is synergistic and has proved to be of real value to our agencies and clients.

Plans are also well underway for the annual **Sexual Health Update Day for Nurses and Midwives**. This workshop is a joint venture of the SA Cervix Screening Program and SHine SA and traditionally attracts an attendance of about 80 nurses from around South Australia.

In addition to the formal courses offered, requests are often received from tertiary institutions, workplaces and community organisations. This financial year the Coordinator of Nurse and Midwifery Education has conducted **24 information/education programs!** These programs have been directed to nurses, midwives, medical students, pharmacy students, correctional services, and the general community, and have attracted audiences of between 5 and 100 people. Topics have included: sexually transmitted infections; adolescent sexuality; sexual health skills; relationships; women's health; and SHine SA services. The desire and need for sexual health information is overwhelming at times and reinforces the value of the services and resources offered by SHine SA.

Sexual Health Nurses and Midwives Network

The Sexual Health Nurses and Midwives Network (SHNMN) continues to be well supported with 29 financial members and many others attending meetings. Meeting topics this financial year have included Sexual Health Clinical Scenarios, Emergency Contraception, Hepatitis C and a Gender Workshop. All meetings have been well attended and feedback has been very positive. The combination of interesting topics, great company (networking) and good food is a success not to be tampered with!

A **Quarterly Update** newsletter has been introduced with the first edition distributed in May being well received. This newsletter will be distributed the month prior to scheduled meetings with a view to promoting upcoming meetings and prompting attendance (very subtle!). The newsletter will highlight articles of interest around the coming topic and welcomes contributions from members.

Another exciting development for SHNMN is the proposed development of a website for **professional forum** discussion and uploading of podcasts of SHNMN meetings. This venture is still in its infancy but the response to the idea has been overwhelmingly positive. It is a great opportunity to open the SHNMN to nurses and midwives in rural and remote areas.

Well, that's all the reflection and chitchat from me, so over and out from the Nursing/Midwifery desk!

Edwina



Sexual Health Nurses and Midwives Network

Workforce development

Teacher education

SHine SA has continued to run two-day general relationships and sexual health education courses for teachers, with those in school holidays being the most popular. Combined with the Focus Schools program, we have now had significant contact with the majority of secondary schools in particular regions, while only a few schools and teachers in other regions have accessed our support and training. We support schools and teachers in a range of ways apart from courses, such as shorter workshops, staff meeting sessions, information about resources and personal appointments to cater for individual needs. We need to look at different strategies to engage with schools in regions who have not sought our support to ensure they are aware of our services and how we can support them.

We continue to decline most requests to go into schools and teach students. Our effort is primarily in building the capacity of teachers; effective practice indicates that the classroom teacher with support and relevant materials is the best way to deliver relationships and sexual health education. In those situations where we do agree to work in schools with students it is important that we work closely with the classroom teacher as they have awareness of the students needs, the school ethos and parent community.

It is great that the University of South Australia and Flinders University continue to request that SHine SA provide sessions on relationships and sexual health in their teacher training programs. I present sessions in the Junior Primary/Primary course and the Human Sexuality course at Flinders University. I run a short course for students in the Human Movement course at Mawson Lakes and information sessions for students in the Primary Education courses at both Mawson Lakes campus and Magill campus of the University of South Australia. These sessions are primarily designed to raise student awareness of relationships and sexual health education, effective methodology for teaching in this area and information about how SHine SA can support them.

I have continued following with interest the implementation of the new Child Protection Curriculum materials in schools, as this is closely related to relationships and sexual health education and will, in many schools, be taught by the same teachers. Although trialled and taught in many schools this year, the curriculum will be taught to all students in all schools in 2008. In preparation all teachers were required to attend a full-day Mandatory Notification training during 2006–07 as a further strategy for protecting students from abuse. All teachers employed at SHine SA have completed this training in the last 12 months.

Last September I was invited to run *Safety in our schools: Responding to homophobia*, a full-day workshop for primary school counsellors in the southern region of the metropolitan

area. I was then asked to follow this up with a staff meeting session on homophobia at John Morphet Primary School in October. It is fantastic to see the commitment of teachers to provide a safe and supportive learning environment for all students, build their understanding of the impact of homophobia and work towards eliminating it from their schools. We continue to offer this workshop to any schools who are interested, and we can be flexible with the length of program to meet the needs of the school.

Most of our recent work with the *share* program, focus school support and development of the teacher resource *Teach it like it is* has been with secondary schools, but we continue to get requests for support from teachers in primary schools. Regularly teachers working with students in Years 5–7 attend courses, and we are often asked to attend staff meetings with primary teachers to provide information about teaching relationships and sexual health and new appropriate resource ideas. We have recently put together a support package for primary teachers that includes an outline curriculum, a sample teaching program, links with the state Health and Physical Education curriculum, a rationale for teaching this topic and a comprehensive list of available resources and teaching materials. We gave some primary teachers a copy of the package at a recent network meeting. Teachers responded very positively about the value of the package.

We need to consider new ways to reach and support teachers, particularly those who have in the past attended a course and are looking for further professional development. One way of supporting teachers that has really developed in the last 12 months has been via the Sexual Health and Relationships Education Network, which now has 140 members, some from overseas or interstate. The primary means of communication with the network is via email, where members are regularly sent information about training opportunities, updates on sexual health information, new resources and relevant journal articles. Teachers also have the opportunity to share with others any resources and information they feel may be of value to the network group. We plan to provide regular forums on relevant topics of interest. During Sexual Health AwarenessWeek this year we ran a two-hour workshop on *Understanding gender*, which was advertised through all the Professional Education networks. A small number of teachers attended and found it very valuable. In August this year we are running a second forum on *The latest on contraception*.

If interested in becoming a member of the network email Jane Flentje, Coordinator of Teacher Education: jane.flentje@health.sa.gov.au



Visitors to SHine SA's new library at Woodville

Library and Resource Centre

The Library & Resource Centre has had a busy and exciting year. At the end of April we said goodbye to the Kensington library and moved with the rest of the Kensington staff to our fantastic new building at Woodville. The library is located on the ground floor and opens onto a courtyard which clients may use. The new library has an Internet kiosk with free access to the Internet for the general public. There is also an area for relaxing or watching a DVD/video.

The library provides a broad selection of items on sexual health and relationships. The collection consists of books, journals, reports and a DVD/video collection. Books and videos may be borrowed for a two-week period. Journals may not be borrowed but can be photocopied.

There has been an increase in the number of people using the library this financial year with over 210 new library borrowers registered. We have added 242 new items to the library collection and processed over 1363 loans.

Volunteers are important to the smooth running of the library

and their contribution is greatly appreciated. Noel has worked tirelessly on a variety of tasks this year. Thank you. Sadly, our volunteer Robyn passed away suddenly in February. Robyn had been a volunteer for over six years and is missed by all.

The Resource Centre has a large selection of videos and teaching resources which are available for loan to organisations and individuals in South Australia who have paid an annual membership fee.

We have added over 30 new resources this financial year and processed 1831 loans.

SHine SA also has two smaller libraries located at Woodcroft and Davoren Park. All the libraries have free membership and the public are welcome to come in and browse and borrow.

Opening hours are 9 am to 5 pm Monday to Friday. For more information please contact the Coordinator Library & Resource Centre on (08) 8300 5312 or email SHineSALibrary@health.sa.gov.au.

Sharon

Jane Free internet access for the community at SHine SA Woodville library



History of the condom

- **1000 BC:** Ancient Egyptians used a linen sheath for protection against disease.
- **100–200 AD:** Earliest evidence of condom use in Europe comes from scenes in cave paintings in France.
- **1500s:** The syphilis epidemic that spread across Europe gave rise to first published account of condoms. Gabriele Fallopius described a sheath of linen he claimed to have invented to protect men against syphilis. Later it was discovered that the condom also prevented pregnancy.
- **1700s:** Condoms were made from animal intestines. They were expensive to purchase and as a result they were often reused.
- **1844:** Goodyear and Hancock began to mass produce condoms made out of vulcanised rubber which meant that it was possible to purchase them cheaply.
- **1880s:** The first latex condom was produced, although it was not used widely until the 1930s.
- **Early 1900s:** Social hygienists fought to prohibit the use of condoms by American troops in World War 1; as a result over 70% had STIs.
- **1957:** First lubricated condom launched in the UK.
- **1994:** World's first polyurethane condom for men launched in the US.
- **1990s:** Introduction of coloured and flavoured condoms.

Aboriginal & Torres Strait Islander Women's Sexual Health Education

I returned to the position of Aboriginal & Torres Strait Islander Women's Sexual Health Education Coordinator in June 2007 after retiring for approximately 18 months. In this time of 'retirement' I was approached by SHine SA to run the women's course in July 2006.

I enjoy working in the field of Sexual Health, coordinating the courses, working in partnership with other relevant organisations and travelling out into the communities to assess workers who have already completed the 6-day course. After completion of all assessments, the workers then receive their statement of attainment.

I feel it is important and necessary to be more available, to get out into the communities and be a continuous source of support for workers who have undertaken courses.

After having a break and talking with the community in general, I see the need to add a number of sessions to the program, namely gender, homophobia and relationships.

I look forward to catching up with past participants and meeting new ones.

Ros

Keeping the community informed

SHine SA produces a range of publications, leaflets and other free resources. Most resources are also available to download from the website at www.shinesa.org.au.

The production room is kept busy with a high turnover of leaflets being printed and distributed to organisations such as schools, doctors' rooms and other health areas.

Resources most commonly ordered in 2006–07 were:

Clinic locations	5.32%	Sexually transmitted infections	4.03%
Tell it like it is	5.20%	SHine SA bookmarks	3.61%
SHine SA youth card	4.78%	Safer sex	3.47%
Sex after you've had a baby	4.40%	Emergency contraception	2.93%
Choices in contraception	4.38%	The total number of resources distributed in 2006–07 was	124 848 .
Youth online sticker	4.13%		



Understanding Gender workshop

During Sexual Health Awareness Week this year the Professional Education & Resources Team ran a workshop titled *Understanding gender: A key to improving sexual health*. Invitations to attend the workshop were sent to all SHine SA staff and through the team’s networks. Approximately 30 people attended the workshop from a range of areas including nursing, teaching, community health and disability.

The purpose of the workshop was to develop a clear understanding of gender. The concept of gender and how it impacts on our lives is not always fully understood. Current research about the sexual health and rights of young people indicates that it is vital that they have an understanding of gender and the inequity of power that is often present in intimate relationships, so that they are confident to make good decisions about relationships and sexual health. So our question was how to assist young people to understand gender dynamics, so they can be prepared to challenge or resist harmful gender stereotypes.

Lud, Ralph and I worked on developing a model of gender that would assist in understanding how gender is socially constructed and the impact that it can have on our lives. The model explored three connected aspects of our gender: our biological sex, how we express our gender and our gender identity. The model also proposed that there are both penalties and rewards for

accepting gender stereotypes but that there are also penalties and rewards for resisting gender stereotypes, as can be seen from the following quotation from *The male in the head, young people, heterosexuality and power* (Holland, Ramazanoglu, Sharpe, Thomson 1998 the Tufnell Press): ‘The extent of the sexual risks facing young women (and men) began to make more sense when we could see that both accepting conventional femininity (ies) and (masculinities) and resisting it can be risky sexual strategies’.

The workshop did not have the time to explore a range of strategies to use in working with young people but hopefully enabled greater clarity of the concept and greater commitment to further exploring it in our work with young people.

Participants enjoyed the workshop and found the presentation of the model and opportunities for discussion very valuable. Some participants work with gender and power on a consistent basis and the workshop did not necessarily provide them with new thinking. However, it was also evident that other participants found the material challenging but it provided them with alternative ways of discussing gender beyond simple concepts of whether someone is male or female.



SE&X Course, Pt Augusta Youth Centre

Teaching it like it is conference, Adelaide 13–14 July

SHine SA hosted the *Teaching it like it is* Conference in Adelaide on 13–14 July 2006 with support and funding from the Department of Health and Flinders University School of Education. The purpose of the conference was to discuss the practice and policy of relationships and sexual health education in schools. Over 150 people from education departments, health and youth agencies, family planning and sexual health agencies, schools and universities across Australia attended the conference. Relationships and sexual health education requires a partnership approach from all these sectors and this conference provided a unique opportunity for people to meet and discuss their work.

The conference covered a broad range of topics that fit under the ‘relationships and sexual health’ umbrella, including healthy relationships, communication skills, HIV/STI education, sexual diversity and anti-homophobia education, growth and development, sexual violence and coercion, puberty, and contraception. The format of the conference involved all participants attending two plenary sessions each morning, with concurrent paper and workshop sessions offered in the afternoon, providing participants with some choice. Presenters and participants came from all states of Australia and New Zealand.

Simon Blake, Acting Director of Children’s Development, gave the key note address on *Challenges and achievements of relationships and sexual health education in the UK*. Simon was previously Director of the Sex Education Forum in England, the national authority on sex and relationships education. Simon stayed for the whole conference, attending a range of sessions and contributing to the session on *Diversity and values: what does it mean to teach ‘inclusively’*. He also gave some final reflections at the close of the conference. His insight was invaluable as he has worked with many diverse agencies for years to develop policy and practice for the UK on relationships and sexual health education in schools.

The conference coincided with the release of the *share* project final reports from La Trobe University, the University of South Australia’s report by Bruce Johnson and our final report. These reports were presented at the conference and can be accessed on the SHine SA website. Other presentations from the conference are also on the website.



SHine SA staff and Y@ members at the *Teaching it like it is* Conference, July 2006

On the whole the feedback from the conference was very positive. Participants particularly liked the young peoples’ perspectives session. Other comments were:

- ‘a great diversity of speakers – lots of different perspectives/ professional approaches to sexuality education coming together was great’
- ‘Simon Blake’s talk was really good as were subsequent conversations with him’
- ‘great to have affirmation of my practice and to broaden my horizons’
- ‘great to see the resources and finding out that issues are fairly similar across the country’
- ‘especially good was listening to Simon Blake and learning about the *share* project’

Jane

and resources



SE&X Course, Pt Augusta Youth Centre

Youth worker education

It’s been a busy year for youth sector education with continuous improvement of the SE&X course, travel to and fro north and south, developing the online classroom, the SE&X Network blog, website developments and involvement in another National Framework project.

The 6-day accredited SE&X (supporting young people’s Sexuality, Expression & Xploration) course has been delivered twice at Kensington, once in Port Augusta and once at Gilles Plains this year. In addition, one-day workshops have been held four times with Mission Australia, once at Tabor Christian College with numerous shorter delivery sessions as well.

As always when new information or research comes to light there are some changes to the course content with the aim of addressing the needs of workers working with young people defined as ‘at risk’. We identify those young people as:

- being unable to access information regarding relationships, sexual health and wellbeing
- being unable to access resources and/or support to implement their relationship, sexual health and wellbeing strategies
- being at a higher risk of sexual assault than the general youth community
- being at a higher risk of unplanned pregnancy than the general youth community
- having insufficient relationship, communication or interpersonal skills to manage their relationships, sexual health and wellbeing
- having insufficient decision-making skills to manage their relationships, sexual health and wellbeing

With so many participants undertaking the SE&X course in the past year we have had a wonderfully diverse and interesting group of workers to share our teaching and learning experiences with. From all over South Australia I am very impressed with the quality and receptiveness of the youth workers that attend

this course. One of the changes that has occurred in the SE&X course (almost by osmosis) is that we now try to model reconciliation by co-facilitating the course with an Indigenous and non-Indigenous person. This provides a unique opportunity for the participants to gain deeper understandings of the sexual health issues facing all our young people while at the same time providing a stimulating and challenging teaching environment. Frances as the Indigenous facilitator has brought an incredibly positive and warm perspective to the course and is definitely one reason why the course evaluations continue to rate so high.

The SE&X Network numbers continue to grow, reaching workers across metropolitan and rural areas. The new blog format for the Network continues to impress and provides workers with a simple option for keeping up-to-date on issues.

We continue to develop workshops in partnership with other youth sector organisations in building the capacity of youth workers to deliver sexual health and relationships work with young people.

Following last year’s Learnscope project *Finding New Ways to ShinE* (part of a national strategy to increase the capacity of vocational education and training professionals to use flexible learning approaches and new technologies in the delivery of training) SHine SA is now involved in a national e-learning project exploring more ways to reach our diverse communities.

With the changes that are occurring the SE&X course has set its sights on becoming the benchmark for youth sector sexual health education. To this end we have been invited to several forums over the past year to describe and explain how we are using e-learning and the web to engage our communities of interest.

Lud

Presenters at the *Teaching it like it is* Conference, July 2006





Advisory committees

Community health workers

The small and dedicated sub-team of community health workers and one energetic team manager met together each quarter to support initiatives stemming from the combined SHine SA Community Health Worker meetings, also held each quarter.

Most of the work done at the advisory level deals with issues of policy review and development as it relates to community health workers and their core work. Other ways the advisory group supports the work of community health is to identify training and development opportunities, research funding opportunities and current and future trends in community health. These meetings are seen as an integral link to the Management Team for consultation and consideration on issues important in the community health sector.

Rob

Sexual health counsellors

The Sexual Health Counsellor Advisory Committee continues to meet quarterly to discuss issues around standards of practice, training and development, and quality assurance. At the beginning of this calendar year we farewelled Michel and welcomed Jo back from her 12 months of leave.

The Sexual Health Counsellors continue to have external supervision sessions for debriefing, self-care, review of case load and stress management.

The group has been busy over the past year and following are some examples of the work that has been done:

- The Sexual Health Counsellor Manual, which is revised every two years, is currently being updated as is the *Counselling Services* pamphlet.
- A better intake system has been developed. The new written procedures and an intake form ensure accurate statistics are kept and that counsellors have a record of all intake.
- A new proforma has been developed which will collect more usable and relevant feedback about how our clients feel about their experience of seeing a SHine SA counsellor. The proforma will be trialled over a one-month period later this year when all counselling clients during the period will be asked to fill in the form. Results will be collated and used as another tool to ensure quality improvement for the counselling service.
- In the past, casenote audits conducted by SHine SA included both clinic clients' and counselling clients' casenotes. This year a counselling specific audit tool has been developed. At the beginning of June a counselling client casenote audit was conducted using this tool with a random sample of counselling casenotes from every SHine SA site. Only casenotes where the client had given consent to audit were used. Results were overall extremely good with information gathered and documentation being clear and appropriate. The few areas for development identified through this audit will be furthered by the Sexual Health Counsellor Advisory Committee.

Rae

Nursing

The Nursing Advisory Committee (affectionately known as NAC) liaises between SHine SA management and nurses to ensure professional development, staff satisfaction, service excellence and best nursing practice throughout the organisation. NAC monitors current research and communicates relevant findings and recommendations, thus maintaining standards of nursing practice within contemporary guidelines. A close and collaborative relationship with the Medical Advisory Committee ensures information sharing, uniform practice and mutual understanding between clinical care providers – on the whole a desirable outcome for all.

This past year NAC has been responsible for:

- Commencing a complete review and restructure of the Clinic Procedure Manual.
- Instigating the development of a database for recording and following up abnormal Pap smear results.
- Recommending a process to improve client attendance at appointments.
- Developing additional procedural nursing competencies, thereby continuing to expand the scope of nursing practice of SHine SA nurses and enabling client needs to be addressed in a safe and more timely manner.
- Reviewing and recommending cost effective, quality equivalent products to ensure our clients receive excellent service at the most affordable price.
- Monitoring and evaluating the nurse peer review process and its associated mandatory training topics.
- Reviewing and updating emergency procedures, standing

- drug orders and introducing opportunistic Chlamydia testing as advocated by contemporary research.
- Networking with the National Nurses Professional Group to facilitate current awareness of sexual health nursing at the national level.
- Identifying areas for professional development and providing the opportunity for in-service education for all SHine SA nurses.

NAC comprises the Level 3 Nurses from each team within SHine SA and a management representative. Meetings are held quarterly with each nursing member of the committee taking a lead role in one of the four key areas of work:

- standards of practice
- training and development
- research
- quality assurance

Meetings are dynamic and productive, with crowded agendas and optimistic intentions, thus providing a catalyst for SHine SA's continuing excellence in sexual health care provision.

Edwina

Occupational health and safety

SHine SA's Occupational Health & Safety committee has had a busy year. The five committee members (the health and safety rep from each team and a management rep) have continued their enthusiasm from last year, working together to create a safer, healthier workplace. All committee members and the Management Team have undertaken training in relevant occupational health and safety.

The committee has been busy updating and reviewing the occupational health and safety manual, creating quarterly newsletters for staff, conducting annual workplace inspections, presenting a range of health and safety topics at staff meetings and developing additional procedures where gaps are identified. The committee also conducted a satisfaction survey in regard to SHine SA's Employee Assistance Program with feedback from staff noted and relayed to the provider.

The Occupational Health & Safety team members look forward to the year ahead and meeting any challenges that come their way.

Kathy

Medical

The Medical Advisory Committee (MAC), comprising a doctor from each team and a management team representative, meets on a quarterly basis and has oversight of the medical and clinical activities at SHine SA. This year our members have changed and we acknowledge the long years of dedicated service Dr Anna Neoh has contributed and welcome her replacement, Dr Chris Hinton, as the Southern Team representative. Dr Silvana Mazzaro now represents the East/West Team and Dr Anusha Visvanathan continues to represent the Northern Team.

MAC reviews issues relating to clinical practice, professional education of doctors, research and SHine SA public information such as leaflets. This year we have seen the return to a combined meeting with the Nursing Advisory Committee (NAC) for the second half of our meeting. This has been very successful in enabling more streamlined discussion and action on issues that concern both disciplines.

The main activities undertaken by MAC this year have been:

- Reflection on the impact of critical incidents on the practice and organisation of SHine SA clinics.
- The continuation of a peer review and education process for SHine SA doctors that complies with the continuing professional education requirements of the Royal Australian College of General Practitioners.
- Overview of the training needs of the medical community and support of the appropriate response to these needs by SHine SA.
- Work with NAC and management to commence research projects such as the Women's HPV Indigenous Urban Rural Study (WHINURS).
- Continually checking and discussing the clinical and teaching standards and practice expected of SHine SA in the area of sexual and reproductive health.

MAC is committed to maintaining SHine SA's excellence in the area of sexual and reproductive health service standards.

Katrina

Improving sexual health and wellbeing: a sexual health strategy for South Australia

In 2006–07 SHine SA housed and supported a groundbreaking project to develop a sexual health strategy for South Australia's Department of Health. This project has produced:

- Recommendations for a comprehensive approach and action to improve population sexual health and wellbeing.
- A clear picture of how action to improve sexual health is linked to existing government commitments to improve mental health; population fertility; early childhood; children's, women's and family health and safety; learner wellbeing and school retention; and the health and wellbeing of Aboriginal people.
- Documented evidence re the current state of sexual health in South Australia and evidence-based action for sexual health improvement.

Outline of the project

In early 2006, in response to advocacy by SHine SA, the Department of Health's Executive approved a project to identify what health agencies could do to improve South Australians' sexual health and wellbeing. The project began in May 2006 with the appointment of a project coordinator whose work has been guided by a multi-agency reference group chaired by Dr Rima Staugas (Executive Director, Children, Youth & Women's Health Service).

During July–December 2006 a team of SHine SA staff and the project coordinator consulted with a broad range of agencies and service providers across South Australia to tap into their front-line knowledge and experience of the state of sexual health and wellbeing of their clients and communities.

The evidence from these extensive consultations was placed alongside other forms of evidence, from statistics to academic research, to provide a firm foundation for a sexual health strategy.

A draft sexual health strategy, which will be considered by the Department of Health's Executive in the near future, was completed in May 2007.

The current state of sexual health and wellbeing in South Australia

Five broad issues were identified through the consultations and review of other evidence.

1. Adverse effects of discrimination, stigma and shame related to sex and sexuality

While sex and sexuality are being relentlessly promoted in all forms of media, having sex healthily and positive sexuality for all people are not. The stigma and shame associated with sexuality and sexual health issues result in poorer outcomes for some people and prevent many people from accessing sexual health services.

Positive sexuality and healthy, safe and equitable relationships are fundamental to:

- reproductive health
- mental health
- children's safety and wellbeing
- prevention of domestic violence, sexual violence, homophobia and homophobic violence
- building safe and empowering environments and communities

2. Lack of universal access to relationships and sexual health information and education

Many South Australians do not have access to accurate information and education about relationships and sexual health which is appropriate to their age, culture and life circumstances.

Access to this information and education is fundamental to healthy and safe relationships and to preventing a range of negative outcomes including:

- unplanned and unsupported pregnancy, especially at an early age
- transmission of sexually transmitted infections (STIs)
- psychological distress
- violence-supportive attitudes
- sexual violence
- lack of safety and respect in school, work, home and other community settings

The provision of comprehensive, school-based relationships and sexual health education is unequally distributed and dependent on local school/community attitudes.

The role of parents in informing and educating their children is crucial but many parents feel they do not have sufficient knowledge or skills and most want relationships and sexual health education to be part of the school curriculum.

3. Barriers and unequal access to sexual health issues/ services

Keys to service access include:

- confidentiality
- transport to services
- service availability and flexibility
- free or low-cost services
- appropriate (gender, age, culture, capacity) and non-judging service providers

Specific sexual health service access issues include:

- lack of appropriate STI/HIV information, education, screening and testing services for some population groups
- lack of and patchy access to condoms and contraception
- inequitable provision of unplanned pregnancy and pregnancy options
- lack of appropriate services and support for pregnant and parenting teenagers
- lack of appropriate reproductive health services for some population groups
- inequitable access to services and support post-sexual assault
- inequitable access to assisted reproduction (infertility) services

4. Poorer and inequitable sexual health outcomes for some populations

Population groups identified as having least access to sexual health services, the most vulnerability and the poorest sexual health outcomes were:

- Aboriginal people and communities
- young people
- people living in country SA
- people with disabilities
- people from culturally and linguistically diverse (CALD) backgrounds
- people of diverse gender and sexuality (gay, lesbian, bisexual, transsexual, intersex or queer)
- older people
- people who have been sexually abused as children
- people with chronic illness and/or mental health issues
- sex workers
- people who inject drugs
- people in custodial care

5. Inadequate statewide and regional leadership, planning or coordination related to the priority issues listed above

The widespread 'invisibility' of sexual health in health and other service planning and delivery contributes to poorer outcomes for some populations and more costly, later-stage interventions.

In relation to relationships and sexual health, primary health care provision across South Australia is poorly distributed and underdeveloped.

Better systems to support a comprehensive primary health care approach to improving sexual health and wellbeing are needed. These key enablers include:

- a sexual health service system which has a strong primary level to which all people have appropriate, convenient and affordable access
- coordinated, statewide and regional plans to respond to priority sexual health issues (1–4 above)
- a population health approach to data collection, research and evaluation
- the knowledge, skills and capacity of health and other service providers to respond to relationships and sexual health issues and needs

Evidence-based recommendations for action to improve the sexual health and wellbeing of South Australians

Specific actions related to five strategic themes have been proposed.

1. Better leadership and sexual health service systems.
2. Whole-of-government and community-wide action to promote positive relationships and sexual health.
3. Access to universal and targeted information and education about relationships and sexual health.
4. Address the gaps in sexual health services and base services on what is known about effectiveness.
5. Priority focus on population groups with the least access and poorest health.

Dr Miranda Roe

Sexual Health Strategy Project Coordinator



Sexual Healthline nurse at work.

Sexual Healthline

The Sexual Healthline operates between 9am and 1pm Monday to Friday excluding public holidays. Country callers are able to use the toll free line and the hearing impaired community can use the TTY (telephone typewriter). We connect with the Translating & Interpreting Service (TIS) if callers can tell us their phone number and their preferred language.

A telephone service for the purpose of sexual health enables the caller to ask questions about an area of their life that they may have been too embarrassed to ask anyone before. In the private world of sexual relationships, the only gauge we get of ‘normal’ is from the media, which often means that there can be unreal expectations. A diagnosis of ‘herpes’ can seem devastating when first diagnosed but talking to one of the sexual health nurses can put it into perspective and assist the caller to cope with this news.

The nurses who operate this service have a vast knowledge of sexual health and contraception with a back up of the SHine SA library, doctors and counsellors if further information is needed. The wide variety of issues include contraception, sexually transmitted infections, pregnancy (planned and unplanned), sexual difficulties, sexual preference, puberty and menopause.

Sexual health email queries (sent to sexualhealthhotline@health.sa.gov.au) are also responded to during this daily session. Many of these queries come from people using our website at www.shinesa.org.au.

This year sees the end of an era for me as I look forward to a year’s leave. I have been involved with the Sexual Healthline since its inception in 1988 and have been its Coordinator since the mid 90s. I have developed a training manual and program for new nurses to the service and, with the help of a working

group, developed a Procedure Manual for the Healthline. I have also been responsible for keeping the database up to date. This service has been highly valued by the community and receives many calls from doctors, nurses and workers.

Sonia

Sexual Healthline statistics

In 2006–07, 2271 clients contacted the Sexual Healthline.

Mode of contact

· Telephone	91.3%
· Written/Fax	1.9%
· Face-to-Face	0.9%
· Electronic (email, internet)	5.9%

Type of clients

· Male	19.5%
· Female	79.8%
· Professionals	9.5%

Top 10 reasons

Contraception issue	41.60%
Sexual health	5.77%
Herpes	4.41%
Sexually transmitted infection	3.97%
Pregnancy issue	3.66%
Erectile difficulties	3.13%
Genital warts	2.12%
Safer sex/sexual practices issue	2.12%
Abortion/termination of pregnancy	2.03%
Conception issue	1.90%
Chlamydia	1.72%

New developments in Sexual and Reproductive Health

Wart Virus Vaccine

A new HPV (Human Papilloma Virus) vaccine has been developed to immunise young people before they engage in sexual activity to provide some protection against cervical cancer and common genital warts. This vaccine has been approved by the TGA for use in females aged 9–26 years and males aged 9–15 years.

There are many types of wart virus, at least 40 of which affect the genitals, only 5 of which cause most cervical cancer (cancer of the neck of the womb). The wart virus vaccine (Gardasil) will immunise against 4 types of the virus. It will immunise for types 6 and 11 which are a common cause of external genital warts. It will also immunise for types 16 and 18 which cause approximately 70% of cervical cancer. Therefore this vaccine will protect against external genital warts and cervical cancer **when** it is caused by these most common types of virus. External warts and cervical cancer **can** still occur when caused by other wart types. It is important to consider that immunisation may not prevent cervical changes from other wart types or changes from wart infections that have already occurred.

The Australian Government is providing funding to immunise schoolgirls aged 12–18. The charge to the government from the company that developed the vaccine is high, so the government can not afford to vaccinate all young boys as well as girls. For a few years there will also be catch-up vaccines available to women aged 18–26.

Katrina

New Pap smear guidelines

Pap smear tests, every 2 years from the age of 18, remains the most important intervention against cervical disease for sexually active women. It is not yet known if the vaccination will help women who have already had cervical changes diagnosed.

If a woman has already had cervical changes that needed treatment, swabs are now being taken so the type of wart virus can be identified and after treatment it can be determined if the virus has cleared.

New contraceptive

A new type of contraceptive is now available in Australia: the contraceptive ring (NuvaRing). This is a small flexible clear plastic ring which is placed in the vagina for 3 weeks and then removed for 1 week, during which a withdrawal bleed will occur. It is a combined contraceptive (contains both oestrogen and progestogen – like the Pill) which is absorbed through the vaginal walls and so can be effective at a low dose of oestrogen. It is not on the PBS so is fairly expensive as regular contraception.

The ring can be prescribed by your GP or a doctor at SHine SA and does not need to be fitted – one size fits all.

Organisational

SHine SA staff presentations @ conferences

Menstrual irregularities: a framework for general practice

Women’s Health Seminar
Adelaide University
12 May 2007

Katrina Allen
Medical Education Coordinator

Relationships and sexual health education in schools

3rd International Middle Years of Schooling Conference
Adelaide Convention Centre
5–7 August 2006

Jane Flentje
Teacher Education Coordinator

Getting SE&X online

Australian Flexible Learning Framework Online Event:
e-Trends
19–20 June 2007

Lud Allen
Youth Sector Education Coordinator

This year in review – and what’s next (opening panel)

Australian Flexible Learning Framework Online Event:
e-Trends
19–20 June 2007

Lud Allen
Youth Sector Education Coordinator

Doing it together – urban young Aboriginal women creating positive health and wellbeing through supportive health and education programs, dance and leadership

GP & PHC Conference
Sydney
24 May 2007

Janet Kelly
Community Health Nurse

Aboriginal women’s health; collaboration in action

PHCRed Conference
Adelaide
21 September 2006

Janet Kelly
Community Health Nurse

Aboriginal women’s health: collaboration in action

Creating Healthy Societies through Inclusion and Equity. 4th International Conference, International Society for Equity in Health
Adelaide
11 September 2006

Janet Kelly
Community Health Nurse

Urban Aboriginal women and health services: evaluating health care together

2006 International Evaluation Conference, Australian Evaluation Society
Darwin
7 September 2006

Janet Kelly
Community Health Nurse

Working collaboratively with Indigenous students

Teaching it like it is Conference, SHine SA
Adelaide
14 July 2006

Janet Kelly
Community Health Nurse

Multicultural peer education on sexual health issues

Young people’s health: What’s it going to take. The 5th Australian and New Zealand Adolescent Health Conference.
13–15 November 2006
Sydney

Jacqueline Riviere
Community Health Worker, and
Hana Bayani
Peer Educator

Whose responsibility is relationships and sexual health education?

Teaching it like it is Conference, SHine SA
Adelaide
14 July 2006

Jane Flentje
Teacher Education Coordinator

The politics of deciding what is ‘effective’ sexual health and relationships education

Teaching it like it is Conference, SHine SA
Adelaide
14 July 2006

Sally Gibson, Manager
Professional Education & Resources Team

Lessons learnt from the *share* project in SA – overview of the *share* project

Teaching it like it is Conference, SHine SA
Adelaide
14 July 2006

Helen Rawnsley and Cheryl Peat
Schools Coordinators

Meeting, Greeting and Dating, CD Rom, a resource developed by CALD young people

Teaching it like it is Conference, SHine SA
Adelaide
14 July 2006

Miguel Quintero and Jacqueline Riviere,
Community Health Workers

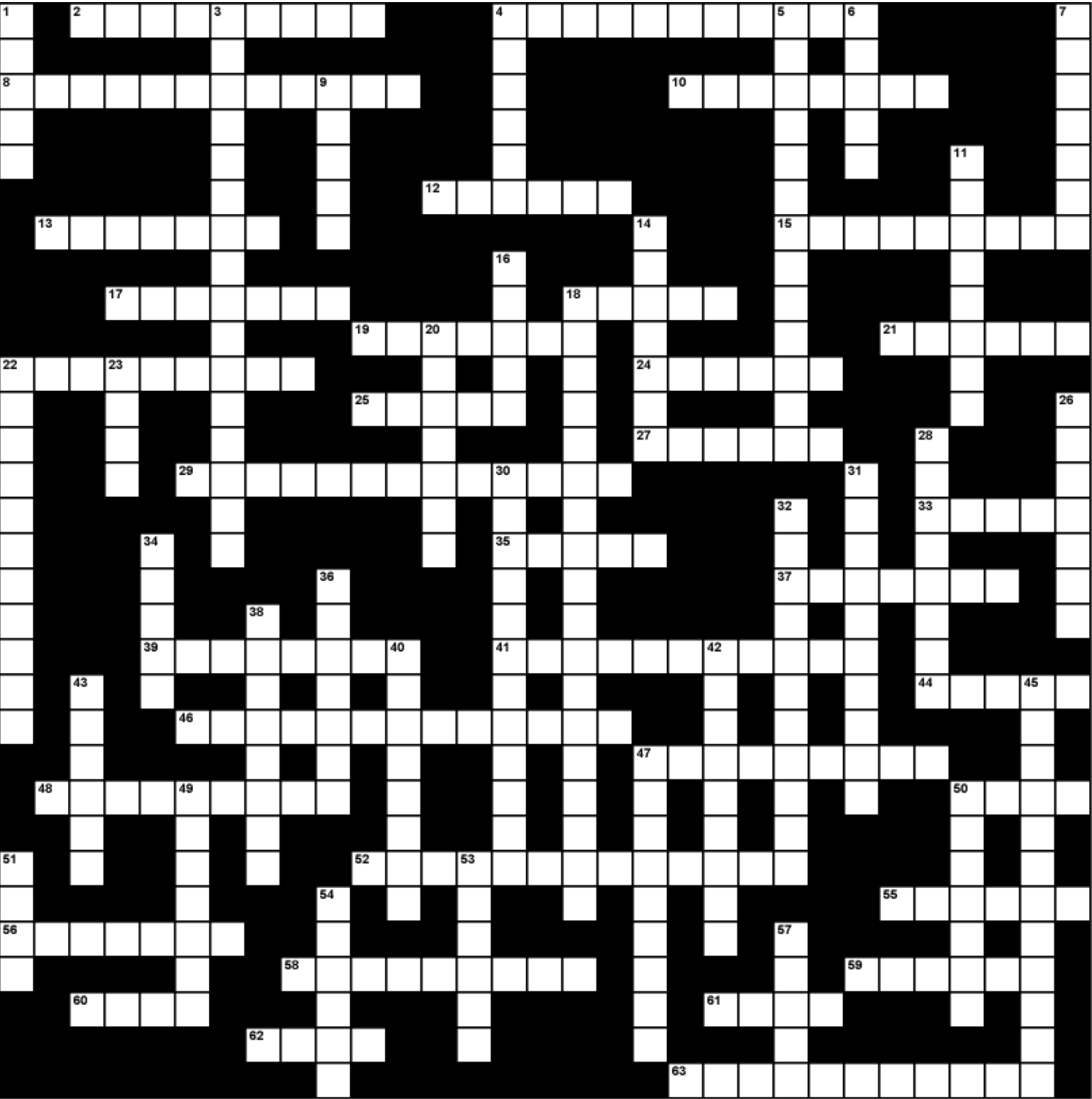


Hazel, Katrina and Annette, SHine SA workers, and Dr William Donohue at the *Australasian Sexual Health Conference*, Melbourne, October 2006

Administrative and Clinic Services manual

The Administrative Support Workers (ASW) and Clinic Receptionists across SHine SA have been working collaboratively to develop an Administrative and Clinic Services Manual. Based on the key components of administrative workers and clinic receptionist work, the manual will support staff orientation, facilitate a uniform way of working across the regions and ensure compliance with records management and other legal requirements.

Guided by a member of the Management Team and the ExITS officer, all ASW and clinic receptionists have been involved in the development of the manual, which is expected to be completed by the end of 2007.



Across

- 2 Suburb of new SHine SA site (9)
4 Act of improving by expanding or enlarging or refining (11)
8 The use of speech for informal exchange of views or ideas or information etc. (12)
10 Associates who work with others toward a common goal (8)
12 Neck like opening to the uterus (6)
13 Something that aids or promotes well-being (7)
15 A wild and exciting undertaking (9)
17 An attitude of admiration or esteem (7)
18 Celestial bodies of hot gases that radiate energy derived from thermonuclear reactions in their interiors (5)
19 Immunogen consisting of a suspension of weakened or dead pathogenic cells injected in order to stimulate the production of antibodies (7)
21 A healthcare facility for outpatient care (6)
22 Activities that impart knowledge or skill (9)
24 Viral disease causing eruptions of the skin or mucous membrane (6)
25 A painful emotion resulting from an awareness of inadequacy or guilt (5)
27 Inaccessible and sparsely populated (6)
29 A statutory offence that provides that it is a crime to knowingly cause another person to engage in an unwanted sexual act by force or threat (6,7)
33 Personnel who assist their superior in carrying out an assigned task (5)

Down

- 1 The concentration of attention or energy on something (5)
3 Impairment of the sense of sight (6,10)
4 A licensed medical practitioner (6)
5 An activity that is diverting and that holds the attention (13)
6 A general direction in which something tends to move (5)
7 A series of pages on the World Wide Web (7)
9 A state in the Rocky Mountains (5)
11 The state of being active (8)
14 A person whose occupation is teaching (7)
16 A feeling of self-respect and personal worth (5)
18 A relationship involving physical intimacy (6,12)
20 A creation of the highest excellence (7)
22 The discharge of semen in males (11)
23 Temporary lodgings in the country for travellers or vacationers (4)
26 An analysis (often in graphical form) representing the extent to which something exhibits various characteristics (7)
28 One of the two male reproductive glands that produce spermatozoa and secrete androgens (8)
30 A person less intimate than a friend (12)

- 35 An umbrella term that includes a range of alternative sexual and gender identities (5)
37 Any condition that makes it difficult to make progress or to achieve an objective (7)
39 A source of aid or support that may be drawn upon when needed (8)
41 Arousing or holding the attention (11)
44 Provide with (something) usually for a specific purpose (5)
46 The act of sharing in the activities of a group (13)
47 An area wholly or partly surrounded by walls or buildings (9)
48 Bringing up (9)
50 A person who is of equal standing with another in a group (4)
52 The act of granting credit or recognition (especially with respect to educational institution that maintains suitable standards) (13)
55 An urgent or peremptory request (6)
56 A liquor or brew containing alcohol as the active agent (7)
58 The force of workers available (9)
59 Education imparted in a series of lessons or meetings (6)
60 A source of danger; a possibility of incurring loss or misfortune (4)
61 A substance that is used as a medicine or narcotic (4)
62 The general outward appearance of something (4)
63 A document attesting to the truth of certain stated facts (11)

- 31 Indigenous peoples of Australia (10)
32 A communication of something to the public (11)
34 The male reproductive cell; the male gamete (5)
36 The work of caring for the sick or injured or infirm (7)
38 The act of forcing someone to do something they don't want to do (8)
40 Knowledge on which to base belief (8)
42 Something that encompasses sex, gender identities and roles, sexual orientation, pleasure, intimacy and reproduction (9)
43 Either of two soft fleshy milk-secreting glandular organs on the chest of a woman (6)
45 Freedom from control or influence of another or others (12)
47 A sexually transmitted infection caused by bacteria (9)
49 An interconnected system of things or people (7)
50 Most important element (7)
51 A cooperative unit (4)
53 Anything (such as a document or a phonograph record or a photograph) providing permanent evidence of or information about past events (6)
54 The person or thing chosen or selected (6)
57 The feeling that you can rely on a person (5)

Therapeutic counselling across all teams at a glance

There were 183 therapeutic counselling clients who received 527 services for the 2006–07 period. 73% of clients were women and 26% were men.

Top three reasons for attendance were:

- sexuality issue (21.8%)
- sexual relationship (17.5%)
- low sexual desire (14.21%)

Clients identified with the following community of interest:

- young adults 20–29 (34%)
- disability (13%)
- young people 13–19 (12%)
- gay, lesbian, bisexual, transgender (7.6%)
- Aboriginal & Torres Strait Islander (2 %)

Annual Report Committee

This year’s Annual Report has been organised, coordinated and edited by Kaisu, Helen, Kathy, Cherice, Danny and Désirée, who together formed the Annual Report Committee. The Committee would also like to thank SHine SA staff for their timely contributions.

Comments and feedback

The members of the Annual Report Committee hope you find this newspaper both interesting and informative. If you would like to comment on this (*or on any of our services*) contact the:

Chief Executive Officer
SHine SA PO Box 76 Woodville 5011
Tel: (08) 8300 5345 Fax: (08) 8300 5399
Email: kaisu.vartto@health.sa.gov.au

Pledge of Privacy

At SHine SA we are committed to ensuring the privacy of personal information provided to us. We believe that respect for your privacy is paramount in earning and maintaining your trust. SHine SA is bound by the 10 National Privacy Principles that form part of the *Privacy Amendment (Private Sector) Act 2000*. We have a *Confidentiality policy* which is available from SHine SA.

How your personal information is managed by SHine SA.

Contact information such as telephone number, address and email details you provide is held in order for us to manage our relationship with you as a client of SHine SA. We may use this information to send you details of initiatives being undertaken by the organisation or other ways in which you can participate in SHine SA activities. We never sell or disclose any personal information to a third party for their marketing purposes. If you wish to be excluded from receiving information from SHine SA please write with details to:

The Privacy Officer: SHine SA PO Box 76 Woodville 5011 or email: info@shinesa.org.au.

Answers to crossword

Across:
2 Woodville, 4 Development, 8 Conversation, 10 Partners, 12 Cervix, 13 Benefit, 15 Adventure, 17 Respect, 18 Stars, 19 Vaccine, 21 Clinic, 22 Education, 24 Herpes, 25 Shame, 27 Remote, 29 Sexual assault, 33 Staff, 35 Queer, 37 Barrier, 39 Resource, 41 Interesting, 44 Equip, 46 Participation, 47 Courtyard, 48 Parenting, 50 Peer, 52 Accreditation, 55 Demand, 56 Alcohol, 58 Workforce, 59 Course, 60 Risk, 61 Drug, 62 Face, 63 Certificate.
Down:
1 Focus, 3 Visual impairment, 4 Doctor, 5 Entertainment, 6 Chlamydia, 9 IDAH0, 11 Activity, 14 Teacher, 16 Pride, 18 Sexual relationship, 20 Classic, 22 Ejaculation, 23 Camp, 26 Profile, 28 Testicle, 30 Acquaintance, 31 Aboriginal, 32 Publication, 34 Sperm, 36 Nursing, 38 Coercion, 40 Evidence, 42 Sexuality, 43 Breast, 45 Independence, 47 Choice, 57 Trust.



Relationships by the Stars

from *Madame Justfor Phun*

Aries

21 March – 20 April

Traits:

Adventurous, energetic, pioneering, courageous, enthusiastic, confident, dynamic, impulsive and impatient.



Your freedom of expression, love of experimenting and natural leadership means that when you are partnered up you certainly keep things busy! Make sure you show some patience and sensitivity otherwise you might extinguish your lover's flame.

Best mates:

Aries, Taurus and Leo.

Cancer

22 June – 22 July

Traits:

Generous, caring, intuitive, spiritual, imaginative, cautious, sympathetic, changeable, highly emotional.



You are very responsive to those around you and your sensitive and caring nature makes you a great partner and lover. Don't overdo the show of affection though, as you could have your lover gasping for air.

Best mates:

Taurus, Leo, Virgo, Scorpio, and Pisces.

Libra

24 September – 23 October

Traits:

Diplomatic, charming, romantic, easygoing, sociable, idealistic, flirtatious, changeable, easily influenced.



Your ability to charm means that you will rarely be without romance or love in your life. Spreading your charm around is how you set out to achieve this. Make sure you don't rely upon this alone because for you it's all about keeping a balance.

Best mates:

Aries, Gemini, Leo, Scorpio, Sagittarius, and Aquarius.

Capricorn

22 December – 20 January

Traits:

Practical, ambitious, dedicated, disciplined, careful, resilient, affectionate, humorous, pessimistic, suspicious.



You take a while to warm up but once you do lovers will find you loyal and affectionate. You like being in control and take pride in how self-sufficient you are. Make sure you don't make your lover feel redundant though!

Best mates:

Taurus, Scorpio and Pisces.

Taurus

21 April – 21 May

Traits:

Patient, reliable, warm-hearted, loving, persistent, practical, determined, laid back, resistant to change.



If you have someone set in your sights your persistence and determination is a force to be reckoned with. Your reliability and warm heart is how you win them over. Don't get stuck in your ways. Remember to give new experiences a whirl.

Best mates:

Cancer, Sagittarius, Scorpio, and Leo.

Leo

23 July – 22 August

Traits:

Warm-hearted, self-motivated, generous, loyal, energetic, dramatic, proud, overconfident.



Leos need lovers that have the stamina to keep up with their physical abilities. You love to be loved, and mostly you are, because who can resist your energy and charm? Your pride can be mistaken for arrogance so let your abilities shine through on their own.

Best mates:

Aries, Libra, Scorpio, Sagittarius.

Scorpio

24 October – 22 November

Traits:

Magnetic, passionate, determined, loyal, strong, secretive, jealous, compulsive, stubborn.



Scorpio is the Zodiac symbol for sex. Your passion, excitement and love of a challenge means that your sexual partner is never bored! You can lose yourself in the heat of the moment though so don't leave your partner behind.

Best mates:

Gemini, Cancer, Scorpio, Pisces.

Aquarius

21 January – 19 February

Traits:

Humanitarian, independent, friendly, straightforward, cheeky, quirky, curious.



Aquarians love to be surprised so an imaginative partner or lover will hold your interest the longest. With your quirky personality and cheeky streak, you in turn like to surprise people so lovers will learn to expect the unexpected from you.

Best mates:

Aries, Gemini, Libra, Sagittarius and Aquarius.

Gemini

22 May – 21 June

Traits:

Adaptable, versatile, witty, intellectual, expressive, youthful, lively, nervous and tense.



Anyone who can get you laughing and captivate your mind makes you weaken at the knees. Your love of a 'smorgasbord' will ensure that your lovers never become bored but beware, this could be quite exhausting for some.

Best mates:

Leo, Scorpio, Aquarius, Libra, and Aries.

Virgo

23 August – 23 September

Traits:

Modest, analytical, organised, cautious, fastidious, perfectionist, critical.



You are meticulous in finding the right partner but once you feel you've got it right you pour your heart and soul into it. As a quiet achiever you don't like a lot of fuss. Lovers should watch out though, because you can be a surprise package!

Best mates:

Gemini, Cancer and Aquarius.

Sagittarius

23 November – 21 December

Traits:

Confident, optimistic, enthusiastic, intuitive, ambitious, independent, restless, flirtatious, arrogant.



Sagittarians aim high and often out of reach. If you don't lure the lover you want your confidence means you keep on trying. Your optimism and free spirit attracts your lovers. You're happy in love but like to keep your freedom.

Best mates:

Leo, Libra and Aquarius.

Pisces

20 February – 20 March

Traits:

Sensitive, compassionate, selfless, kind, imaginative, secretive, vague, idealistic, easily led.



Piscean lovers are imaginative and creative. Being a little other-worldly you tend to get a little lost in your own fantasies but you are all about people pleasing so lovers will have their wildest dreams fulfilled.

Best mates:

Cancer, Scorpio, Capricorn, Pisces.

Advertisements

Clinical and information services



*This service is provided by
Registered Nurses*



Sexual Healthline

9 am to 1 pm Monday - Friday
telephone **1300 883 793**

1800 188 171 country callers • (08) 8300 5300 TTY • sexualhealthhotline@health.sa.gov.au

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

Clinical services

Doctors and nurses provide confidential sexual health services for both women and men. A fee of \$20 is payable each year. Concessions are available.

Northern clinics

Telephone **(08) 8252 7955** for details on days/times and appointments
Davoren Park • Salisbury Shopfront [Appt 8281 1775] • Modbury [Tea Tree Gully Community Health Service] Lyell McEwin Health Service (evening clinic/nurses only)

Southern clinics

Telephone **(08) 8325 8164** for details on days/times and appointments
Bedford Park [Flinders Medical Centre] • Noarlunga [Noarlunga Health Village]

East/West clinics

Telephone **(08) 8300 5301** for details on days/times and appointments
Woodville GP Plus Health Care Centre • Gilles Plains Women's Health Clinic

Youth clinics

SHine SA

Tuesday and Friday pm
Woodville GP Plus Health Care Centre
64c Woodville Road Woodville
8300 5301 or drop in

Salisbury Shopfront

Thursday pm
Shop 4/ 72 John Street Salisbury
Appointment recommended: 8252 7955



Sexual health counselling

SHine SA has Sexual Health Counsellors in each Primary Health Care Team. You may want to talk about:

Sexual difficulties • Sexual effects of assault/abuse • Living with sexually transmitted infections • Unplanned pregnancy • Post abortion counselling • Concerns about same-sex attraction/sexual identity • Concerns related to your sexual health or sexual relationships.

You can make an appointment at your nearest SHine SA Primary Health Care Team:

North 8252 7955 • **South** 8325 8164 • **East/West** 8300 5301

Drop-in pregnancy testing

A pregnancy testing service is available from all of the Primary Health Care Team bases, Monday to Friday 9 am to 4 pm. There is a cost involved, which can be reduced or waived if necessary. Please bring an early morning urine sample.

North 8252 7955 • **South** 8325 8164 • **East/West** 8300 5300


Library services

The library offers a large collection of books, journals and information on relationships and sexual health, covering a range of subjects including:

contraception, pregnancy, unplanned pregnancy, adolescence, men's & women's health, safer sex, fertility, infertility, sexuality, sexually transmitted infections, sex education, parenting, human reproduction, foetal development & birth, gay, lesbian, bi-sexual & transgender health, Aboriginal health, disability, relationships, sexual techniques & pleasure, and multicultural issues.

Library membership is free. Please contact the Library Coordinator:
telephone (08) 8300 5312 country callers 1800 188 171 email SHineSALibrary@health.sa.gov.au

Library hours - 9 am to 5 pm Monday to Friday



Resource Centre

A selection of video tapes, DVDs and teaching resources is available for loan by organisations and individuals who have a paid subscription. Catalogues of video holdings and teaching resources describe each available item and the suggested target audience. Material is available on topics including:

Aboriginal health, reproduction, gay, lesbian, bisexual and transgender issues, contraception, foetal development, birth, infertility, relationships, sexually transmitted infections, sexual concerns, adolescent health, disability and sexuality, men's health, multicultural issues, safer sex, women's health

telephone (08) 8300 5312 country callers 1800 188 171 email SHineSAResources@health.sa.gov.au

To search the online resource catalogue go to <http://db.dircsa.org.au/dbw/shineresqbe.htm>

YOUTH ONLINE.

Sexual Health Information Networking Education

www.shinesa.org.au/youth

SHine SA's Sexual Healthline...

Open
9am - 1pm
Monday to Friday

Telephone
1300 883 793

Toll free
1800 188 171
(country callers only)

Fax
(08) 8300 5355

Email
sexualhealthhotline@health.sa.gov.au



 For sexual health information and services

YOUTH ONLINE.

Sexual Health Information Networking Education

www.shinesa.org.au/youth

SHine SA's Sexual Healthline...

Open
9am - 1pm
Monday to Friday

Telephone
1300 883 793

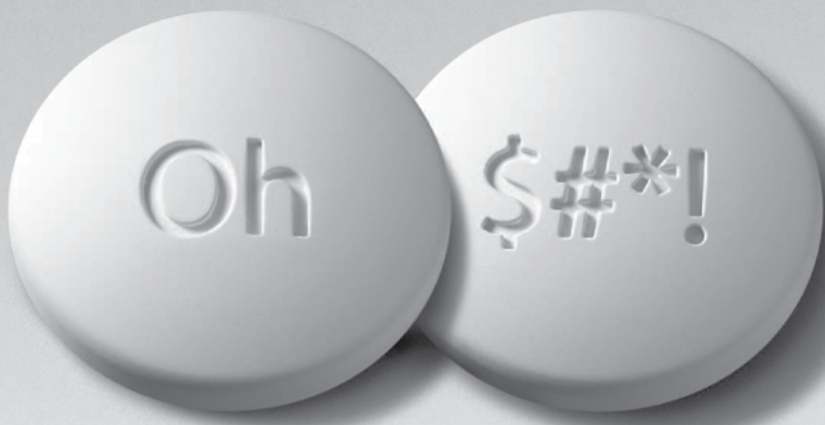
Toll free
1800 188 171
(country callers only)

Fax
(08) 8300 5355

Email
sexualhealthhotline@health.sa.gov.au



 For sexual health information and services



Emergency Contraception. Because \$#*! happens™

© 2003 Pacific Institute for Women's Health
Los Angeles, California

...think about protection and get tested for infection.

Be prepared. Sexually transmitted infections (STIs) are more common than you might think.

Take chlamydia – the most common notifiable sexually transmitted infection in South Australia. The number of people infected is increasing and people under 30 years are most at risk.

Why? Well, often there aren't any symptoms, so how do you know if you have it? You might be infecting your partners without knowing. Or they could be infecting you. Chlamydia is something you can't see.

Left untreated chlamydia can lead to testicular infection, pelvic inflammatory disease, and can even lead to infertility.

So protect yourself – if you are sexually active, always practise safer sex and roll on a condom.

Testing's simple. Often all you need is a urine test. And most STIs, like chlamydia, are easily treated.

So there's no excuse – if you're sexually active, look after your health by having regular STI checks – see your GP or a doctor at:


SHine SA clinics
East/West (08) 8300 5301
North (08) 8252 7955
South (08) 8325 8164


Second Story Youth Health Services
Central (08) 8232 0233
North (08) 8255 3477
South (08) 8326 6053

Youth Healthline
1300 13 17 19

Clinic 275 (08) 8226 6025

For more info on STIs go to www.shinesa.org.au or contact:
SHine SA's Sexual Healthline
9am – 1pm Monday to Friday
Telephone 1300 883 793
Toll free 1800 188 171



 *Condoms reduce the risk of STIs and pregnancy as long as they are used correctly. They won't protect against STIs if the infection is on other parts of the body and skin to skin contact occurs.*

T \ 8260 6284 M \ 0402 049 718 E \ creative@stereotypedesign.com.au
STEREOTYPE



Advertisements

Professional education courses

Sexual health education for nurses and midwives

Want to help your clients with their sexual health concerns, but don't know where to begin?
Want to increase your professional and personal knowledge of safer sex and contraceptive options?
Want to broaden your practice to encompass true holistic care?

SHine SA offers the following programs for nurses and midwives.

Certificate in Sexual Health

This certificate consists of:

- Theoretical Component
- Introduction to Sexual Health Counselling
- Clinical component

This program, accredited with FUSA and UniSA, aims to provide registered nurses and midwives with the opportunity to develop beginner or advanced beginner level competence in the promotion and practice of sexual health nursing. The successful completion of all three of the above components entitles participants to be awarded SHine SA's Certificate in Sexual Health. Enrolled nurses are able to complete the Theoretical and Counselling components of the course (recognised by TAFE SA for Diploma of Nursing).

Pap smear provider course

SHine SA in conjunction with SA Cervix Screening Program has developed a Pap Smear Provider course. This course is supported by the South Australian Division of General Practice and ensures that the nurse is appropriately qualified and trained to take a screening Pap smear in general practice and community clinic settings.

Want better sexual health networking and support opportunities?

Sexual Health Nurses & Midwives Network

SHine SA coordinates a Sexual Health Nurses & Midwives Network. The aim of the Network is to facilitate cooperation, networking and partnerships by providing a forum for professional development, discussion and action to improve the sexual health of the South Australian community. Membership of the Network includes educational meetings, newsletters and access to online resources and a professional forum.

For further information please contact the Course Administrator on telephone (08) 8300 5317, SA country callers 1800 188 171; email SHineSACourses@health.sa.gov.au or go to the website www.shinesa.org.au

Women's sexual health course for Aboriginal and Torres Strait Islander health workers

An accredited course for Aboriginal and Torres Strait Islander health workers

SHine SA provides a Women's sexual health care course for Aboriginal and Torres Strait Islander workers who are working or planning to work in the area of women's health. There will be a maximum of 15 participants. The course is coordinated by an Indigenous female course coordinator. The aim of the course is to provide Aboriginal and Torres Strait Islander women with the knowledge, skills and confidence to improve sexual health within their own communities.

Course content

Sexuality • Values clarification • Legal aspects of sexual health care practice • The structure of the reproductive systems • The function of the reproductive systems • Menstruation • Menopause • Methods of contraception • Unplanned pregnancy and abortion counselling • Safer sex practices • HIV/AIDS • Sexually transmitted infections • Infertility • Rape and sexual assault • Prevention of cancer of the cervix • Prevention of breast cancer • Common conditions of the female reproductive system

For further information please contact the Course Administrator on telephone (08) 8300 5317, SA country callers 1800 188 171; email SHineSACourses@health.sa.gov.au or go to the website www.shinesa.org.au

Supporting young people's sexuality exploration and xpression

A six-day accredited course for youth and community health workers

SHine SA provides a nationally accredited course for workers who provide services to at-risk young people. The course aims to improve the capacity of workers to deliver appropriate support in the area of sexuality, sexual health and relationships.

Course content

• Rape and sexual assault • Understanding the sexual health of young people • Power and Gender • Working with young women/ men • Safer sex and sexual responsibilities • Sexuality • Diversity • Values clarification • Legal issues in relation to sexual health • Contraception • Sexually transmitted infections • Explicitness in teaching youth at risk

Course contact details

For further information or how to enrol please contact the Course Administrator on:

tel (08) 8300 5317
email SHineSACourses@health.sa.gov.au
website www.shinesa.org.au



Workforce development for disability and mental health workers

SHine SA offers several options through the year:

Accredited training

Disability And Sexual Health: A six-day program for disability workers facilitated by qualified SHine SA staff and guest speakers. The course provides support for workers to undertake a small education project with their clients and if all assessment tasks are successfully completed, they can also be awarded two elective units of competency in sexual health towards the Certificate IV in Community Services.

Training within other registered training organisations: Registered training organisations can contract SHine SA to provide basic introductory training in sexuality issues to students undertaking Certificates III and IV in Community Services/ Disability. SHine SA can provide an assignment to RTOs for their students but does not provide assessment as part of the service.

Non-accredited training

Tailored training: Disability and mental health services can approach SHine SA to discuss specific training needs of their staff regarding sexual health and negotiate a fee-for-service training program. It is preferred for these options to be developed collaboratively with workers from the relevant services.

Afternoon forums: These provide a flexible opportunity for short intensive discussions around sexual health issues facing people with a range of disabilities including mental illness. While usually aimed at workers and family members, people with a disability or mental illness are also invited to attend. Run collaboratively with disability and mental health workers.

Sexuality and disability email network

Anyone with an interest in the sexual health of people with any disability can become a member of the network. A newsletter and announcements of events and relevant articles will be sent out from time to time. Contact ralph.brew@health.sa.gov.au to join.

For further information please contact the Course Administrator on telephone (08) 8300 5317, SA country callers 1800 188 171; email SHineSACourses@health.sa.gov.au or go to the website www.shinesa.org.au

Pregnancy Choices Training

A two-day program for all workers who encounter clients with unplanned pregnancy.

SHine SA is pleased to offer this course which aims to educate workers on the complete range of options available to women experiencing unplanned pregnancy.

Program Content

Broad trends in pregnancy and abortion; global view; social view of health; antenatal care; adoption; termination; decision making; options and support for young people; counselling responses.

For further information please contact the Course Administrator on telephone (08) 8300 5317, SA country callers 1800 188 171; email SHineSACourses@health.sa.gov.au or go to the website www.shinesa.org.au

Relationships and sexual health education course for teachers

This course provides information, resources and classroom strategies for teachers. What makes an effective program for your students will also be explored. Participants will get copies of the relationships and sexual health resource for young people *Tell it like it is* and a copy of the teacher resource *Teach it like it is*. A certificate of achievement and recognition for 15 hours training and development will be provided at the end of the course.

For further information please contact the Course Administrator on telephone (08) 8300 5317, SA country callers 1800 188 171; email SHineSACourses@health.sa.gov.au or go to the website www.shinesa.org.au

Men's sexual health care: an accredited course for Aboriginal and Torres Strait Islander health workers

SHine SA conducts a Men's sexual health care course for Aboriginal and Torres Strait Islander workers. The aim of the course is to provide Aboriginal and Torres Strait Islander workers with the knowledge, skills and confidence to improve sexual health within their own communities. The course is coordinated by an Indigenous male course coordinator.

Course content

• Sexuality • Values clarification • Legal aspects of sexual health care practice • The structure and function of the reproductive systems • Safer sex practices • HIV/AIDS/Hepatitis Infections • Sexually transmitted infections • Infertility • Rape and sexual assault • Common conditions of the male reproductive system

For further information please contact the Course Administrator on telephone (08) 8300 5317, SA country callers 1800 188 171; email SHineSACourses@health.sa.gov.au or go to the website www.shinesa.org.au

Sexual & reproductive health education for doctors

SHine SA offers:

- postgraduate certificate in sexual & reproductive health
 - 5 day course (theory) 60 group 1 QACPD points
 - 6-8 clinical sessions 30 group 1 QACPD points
- introduction 2 day sexual & reproductive health workshop
- education meetings on topics of interest in sex & reproductive health practice
- the theory & practice of IUD insertion for GPs
- implantable contraceptive training

We can also negotiate for individual clinical training for GPs.

For further information please contact the Course Administrator on telephone (08) 8300 5317, SA country callers 1800 188 171; email SHineSACourses@health.sa.gov.au or go to the website www.shinesa.org.au

Council



Ms Allison Willis
President—Council

On behalf of the SHine SA Council I am pleased to provide the President’s Report for 2006–07.

The Council of SHine SA is a voluntary Board of Directors, comprised of 8 elected and co-opted members, a Ministerial and staff nominee. The Council is responsible for policy, strategic directions and overall monitoring of organisational risk management including financial management.

SHine SA can again be proud of its achievements over the past year. Most notable has been the move of Kensington-based services and staff to a purpose-built facility at Woodville. The new Woodville GP Plus Health Care Centre provides a friendly and inviting atmosphere with a range of services for the community as well as development opportunities for professionals in health, education and community services. It is the culmination of many years of planning and development. SHine SA is proud of its partnership with Central Northern Adelaide Health Service, Drug & Alcohol Services SA, Child & Adolescent Mental Health Services, Western Network of General Practice, GP Solutions and the Department of Health in developing a service plan for 7 days a week service delivery from the Centre.

To make the construction and fit-out of the Centre a reality, SHine SA sold its Kensington property in April 2006 as well as receiving a capital grant from the Department of Health. The grant made it possible for SHine SA to build a facility that could cater for service delivery and the accommodation of staff from other agencies, as well as not charge rent.

SHine SA looks forward to being involved in the ongoing evaluation of this partnership in a unique primary health care centre and service delivery model. The next priority is finding suitable accommodation for the Southern Primary Health Care Team and the services provided.

This year has seen the development and recent endorsement of a *Sexual Health Strategy* for the Department of Health. SHine SA is pleased to have coordinated the consultation, research and writing of the Strategy for the Department. The Council commends the Minister, the Hon John Hill, for his commitment and vision in recognising the importance of a statewide sexual health strategy that focuses on addressing priority issues in

sexual health. Council is committed to supporting the Minister and the Department in the implementation of the *Sexual Health Strategy*. It should be recognised that this Strategy is unique to South Australia and the Council anticipates it will further influence the national agenda.

In November 2006 SHine SA renewed its membership with the national Sexual Health and Family Planning Association (SHFPA) after an absence of more than 8 years. Though SHine SA withdrew from this body to focus on its commitment to the sexual health and wellbeing of South Australians, renewed membership of SHFPA was motivated by a wish to influence national sexual health policy and strategy and future directions for sexual health in areas such as: relationships and sexual health education for young people nationally; and equity in access to a range of sexual health services for those communities with most need and least choice, including Aboriginal and Torres Strait Islanders, young people, rural communities and people with disabilities, to name a few.

Council has continued to develop the role of Council through presentations from staff and external agencies as well as developing a range of Council-specific policies and procedures. This was a recommendation in the external review of SHine SA in September 2005.

This year has seen changes in a number of Council members. Council members play a vital role in organisational governance and support the work of its staff. I would like to recognise the significant contribution of all Council members and acknowledge and thank in particular those members who have left Council during 2006–07.

Most importantly and on behalf of Council I would like to acknowledge the staff of SHine SA for their expertise, knowledge, commitment and professionalism, all of which significantly contribute to the achievements and exemplary reputation of SHine SA as a leader in the area of sexual health nationally and internationally.

Allison Willis
President



Council members 2006–2007

Member	Portfolio
• Anna Kennett	Young adults
• Dr Christine Putland	Young people 19 years and under
• Allison Willis (President)	Regional rural remote
• Dana Shen	Aboriginal & Torres Strait Islander
• Professor Bruce Johnson	Workers
• Richard Bruggemann	Disability
• Katrina Allen	Staff nominee
• Meg Lewis	Culturally & linguistically diverse
• Mr David Kuhne (resigned - Feb 2007)	Organisational development
• Ministerial nominee	(vacant)

SHine SA says thanks!

Council, management and staff of SHine SA would like to thank:

- **The Hon Mr John Hill**, Minister for Health
- **Dr Tony Sherbon**, Chief Executive, Department of Health
- **Mr David Panter**, Executive Director—Statewide Service Strategy and staff of the Department of Health
- **Management and staff** of the Department of Health and Ageing
- The many **state and federal politicians** who support SHine SA
- The many **organisations and individuals** with whom we work in partnership to improve the sexual health of the South Australian community
- The **South Australian community**

Pam Simmons (right) from the Office of the Guardian for Children and Young People who advocate for children and young people in care presented a Charter of Rights to SHine SA's President, Allison Willis (left).



Construction of the new building—March 2007



Informal client contacts

For 2006–07, 10 316 informal client contacts were provided. Of these, 42.6% were women, 3% were men with the remaining clients unknown. In addition 12.8% were from professional people.

The top ten reasons for the informal client contact were:

Sexual health	88.04%
Contraception issue	3.02%
Sexuality issue—other	1.81%
Pregnancy issue	1.12%
Sexually transmitted infection	0.77%
Sexual relationship issue	0.59%
Other issue	0.50%
Abortion/termination of pregnancy	0.40%
Adolescent development/puberty	0.25%
Sexual assault/rape	0.24%



Kaisu Vartto
Chief Executive Officer

2006–07 has been an exceptional year for SHine SA with some major and long-awaited projects commencing and completing in the last 12 months, including the relocation of services and staff from Kensington to the new GP Plus Health Care Centre at Woodville, and the research and development of the Sexual Health Strategy (see separate report) for the Department of Health, to name two.

These major initiatives support the ongoing health reform process in South Australia, bringing integrated services closer to people who need them the most, as well as contributing to early intervention, prevention and education to reduce the burden of sexual ill health in the community. These projects have occurred while services to the community have been maintained at the same, if not increased, levels such as in our clinics, professional education and community education programs.

Established as the Family Planning Association in 1969, the organisation was assisted in the early 1970s by the then local member, Don Dunstan to find permanent accommodation in High Street, Kensington. Apparently the local member did not mind if family planning was ‘in his backyard’ and so commenced a 35-year association with High Street. At that time Norwood and Kensington had a high concentration of recently arrived migrants.

While significant changes have been a feature of the organisation’s life over this time, including the need to change to meet technological and social changes and patterns of disease such as HIV for example, in the last 12 months SHine SA has operated in an environment of significant changes in the South Australian health system as a result of health reform.

Achieving major change is never a process achieved alone, not by individuals or individual organisations. Consultation and collaboration, and a clear and shared vision has been the hallmark of both major projects.

Our quest to relocate from Kensington commenced a decade ago, after a major restructure and renaming of the organisation, and the relocation of staff to northern and southern metropolitan regions. It was clear, if SHine SA was to achieve its Strategic Directions, and serve its communities of interest, it had to ensure that its major assets will be able to cater for the needs of the community efficiently, effectively and within anticipated resources well into the 21st Century.

As part of SHine SA’s ongoing process of aligning its services with the needs of a changing community, the organisation recognises that to remain relevant it has to be located close to where its clients are. Demographic data indicated higher concentrations of SHine SA target communities are residing in the western region of metropolitan Adelaide, including young people at risk, people with disabilities, recent migrants and refugees, and Aboriginal and Torres Strait Islanders.

Aaron, Construction Manager–Hansen Yunken,
handing over the keys to the new Woodville building
to Kaisu Vartto, Chief Executive Officer – SHine SA,
13 April 2007



Kaisu Vartto, Chief Executive Officer-SHine SA
speaking to staff and workers at the handing over
ceremony on 13 April 2007



Chief Executive Officer

Risk management

Risks are those things that may threaten the achievement of SHine SA’s *Strategic Directions*.

At SHine SA, risk management is about sound management to avoid adverse effects while taking advantage of development opportunities. Risks are inherent in everything we do and, in order to reduce the likelihood of adverse effects, risks need to be managed continuously and systematically.

Risk management is based on the generic *Australian/New Zealand Standards for Risk Management* (AS/NZS 4360:1999) and assessed against these standards.

SHine SA has five Advisory Committees that evaluate and monitor specific areas of operations including clinics, therapeutic counselling, community and professional capacity building. The Occupational Health and Safety Committee has responsibilities for planning a safe environment for clients, the community, staff and volunteers. The Council plays an active role with the Management Team to monitor the organisation’s financial, legal and political risks.

Outcomes for 2006–07

- There were no WorkCover claims.
- There were no property damage claims.
- There were no public liability claims.
- There were no medical negligence claims.
- A balanced end of year financial position was achieved.

With the health reform agenda established by late 2004, it became clear that in order to maximise the health benefits to the community, a multi-agency approach would be the most appropriate rather than SHine SA going in alone. An interagency group comprised of representatives from the Department centrally, the Central Northern Adelaide Health Service, SHine SA, Children, Youth and Women’s Health Service and the Southern Adelaide Health Service began the process of service development for the site. In June 2005 we were able to purchase suitable land in Woodville with funding from the Department of Health. With the sale of our Kensington property and a grant from the Department of Health, the construction of a purpose-built primary health care facility began in July 2006.

The process of facility design and construction and service development was undertaken in an environment of optimism, with shared clarity that the facility was about improved services to the community, support for primary health care and health reform and an opportunity to create a facility of high utility to the community. We were fortunate to work with architects, designers, engineers and building and construction people who shared our enthusiasm and had the support of the SHine SA Board and the Department of Health. The project was completed in late April 2007, two months ahead of schedule and on budget.

The Woodville GP Plus Health Care Centre is a primary health care service which, through the collocation of agency partners, has allowed the development of integrated service provision focusing on sexual health, mental health, substance abuse and after hours medical deputising service. The partners are committed to ongoing development of a high quality shared service model.

The partners include:

- SHine SA
- Western GP Network
- GP Solutions
- Children, Youth and Women’s Health Service
- Central Northern Adelaide Health Service
- Southern Adelaide Health Service

I would like to thank the Council and staff of SHine SA for their untiring energy and enthusiasm, our partner agencies more broadly, the Department and the members of SHine SA’s Youth Advisory Teams who always lend a project youthful exuberance.

Kaisu Vartto
Chief Executive Officer

Clinic services activity at a glance

Clinical services are an important part of the core work of SHine SA and contribute to early intervention and prevention and the improvement of the sexual health of the community. Clinics are located in areas to improve access by SHine SA’s communities of interest, including young people, young adults, Aboriginal and Torres Strait Islanders and people from culturally and linguistically diverse backgrounds.

During 2006–07 25 676 clinical services were provided from 11 874 clinic visits to 4835 unique clinic clients. Of these:

- 97% of clients were women, 2% were men
- 12% were under 19 years of age
- 28.5% were 20 to 29 years of age
- 4% identified as Aboriginal
- 6% identified themselves as having a disability
- 16% identified as culturally diverse
- 2% identified as being gay, lesbian, bisexual or transgender

The top four services provided were:

- screening and assessment, including cervical smears, breast checks, STI screening, HIV screening, pregnancy tests
- care and treatment, including provision of contraception (oral contraception, EC, diaphragms, condoms, IUD, implant and injectable contraception)
- education and information including provision of contraceptive choices, prevention of STIs, safer sex information
- other services provided

Sexual Health Awareness Week

and other SHine SA events

2007



Whoever you're into...
enjoy safety, pleasure, respect

SHine SA www.shinesa.org.au

