

## **Note of a visit to The Corner and Menzieshill High School, Dundee, held on 28 January 2013.**

Health and Sport Committee members present: Mark McDonald, Nanette Milne

Health and Sport Committee staff present: Eugene Windsor

**Present:** Manjeet Gill, Corner Coordinator; Tracey Stewart, Quality Improvement Officer, Dundee City Council Education Department; Felicity Snowsill, Senior Health Promotion Officer, NHS Ann Eriksen, Executive Lead – Sexual Health and Blood Borne Virus, NHS Tayside; Kerry Dalgetty, Team Leader, Early Years and Young People's Health, NHS; Ann McLeod, School nurse; Karen Dammer, Sexual Health, Dundee City Council, Isla Barton, Sexual Health Service, NHS Tayside; Lindsay McKerachar, Speakeasy Dundee; Carrie Ballantyne, Cair Scotland; Nicole Sweeney, Young Parent, Dundee City Council; Fiona McGrath, Health Service Link Worker, The Corner; Alison McAuley, SCLD; Norma Seith, Principal Teacher of Guidance, Menzieshill High School, Lesley Dunlop, Sexual Health Nurse, The Corner; Councillor Stewart Hunter (Education Convener); Councillor Gregor Murray (Education Vice Convener).

### **The Corner – Health Information and Peer Led Services for young People**

The Corner had been established by Dundee City Council in response to research that showed that young people in Dundee wanted a drop-in, city-centre facility where they could get confidential information and advice.

Manjeet Gill and her colleagues made a presentation, covering the following main points: free and informal access to services including contraception and pregnancy testing and support; the LINC Clinic developments; Health Buddies programme.

### **Menzieshill High School**

The Committee members visited Menzieshill High School, where there is significant support for pupils who become pregnant, including a well-equipped nursery, which enables the young people concerned not only to have their babies looked after when they are attending classes, but also to support each other.

The Committee members also had the opportunity to see the "health buddies" project in operation. This is a peer education project focusing on sexual health. It is delivered by selected and trained S3 pupils, who work with S1 pupils.

Teaching staff reported that the health buddies project had been highly successful and that the S1 pupils were much more receptive to the sexual health messages that came from the peer educators than they initially tended to be where these sessions were led by teachers. When subsequent sessions were led by teachers, they found that the S1 pupils who had experienced the health buddies sessions were more mature in their approach and were less inclined to giggling and embarrassment.

The health buddies told the committee members that their reasons for being involved were that they wanted to be a teacher, it was good to put on your CV and it helped to build confidence and leadership skills. The recipients reported that it was “better to hear from someone of your own age”. 85% of them wanted to be health buddies themselves.

The teenage pregnancy strategy was being rolled out across Dundee and was a partnership between a wide range of agencies, though mostly NHS Tayside and Dundee City Council. It was agreed that this work could not be delivered by one agency alone.

Mention was also made of LINC – a specialist young people’s sexual health clinic that was being developed as a partnership between Ninewells hospital and The Corner. Work was ongoing to develop a unique branding and to explore the use of social media in promoting this project.

Healthy Community Collaborative had been an evidence-based community development model that had conducted primary research in Dundee and had engaged young people in Dundee, Perth and Kinross and Angus. It had led to the establishment of “Bringing up Baby Dundee” – a social enterprise. A group of young parents are currently involved in making a film telling the stories of those involved and looking at ways of using these stories to trigger conversations.

Speakeasy had led to an eight week accredited course covering sexual health, communication, media and culture. The targets had been carers of looked after children and young people and those in areas of high teenage pregnancy. Community workers were being trained up to take part and professionals were working in partnership with communities.

Family nurse partnerships NHS Tayside had been the second Scottish site in which FNP had been rolled out. It had been established for two years and was working with 300 young people, of whom 50% were in Dundee and 25% each in Angus and Perth and Kinross. 16 nurses were employed on the programme.

During pregnancy the young women would still be allocated a midwife, but would also receive around 14 visits aimed at creating health improvement and enhancing the ante-natal experience. Referrals had originally come from the pregnancy database, but referrals were now being made from other agencies. Mothers received a weekly visit initially after the baby had been born, then a fortnightly visit up to the age of two. There was a focus on attachment and much more assessment than would be traditional. There was also a focus on developing parenting skills and working towards the best outcome for the baby. The project was also looking at ways of improving the family’s self-efficacy.

Uptake and retention levels were high – a weekly update from the maternity database (which covers pregnancies where the mother is under the age of 20) had led to an 85% take-up rate.

The issue of repeat pregnancies had been highlighted by FNP. Although FNP applies only to first-time pregnancies, Scottish Government funding had been made available to look at extending the principles of FNP to subsequent pregnancies.

FNP had also highlighted the issue of post-natal depression and anxiety, which tend to be higher amongst teenage mothers. This seems to confirm what the literature indicates – that post-natal depression tends to be higher amongst young mothers than in the population generally.

FNP starts with “positivity” and the focus is in accessing it through children’s services rather than sexual health services.

The Web project work with vulnerable young people and specific target groups (LAC young people) around sexual health and relationships.

Committee clerks  
22 March 2013