

Learning Disability Webinar

**Solent NHS
Sexual Health Services**

www.letstalkaboutit.nhs.uk



Who We Are



- **Anna Murray** (she/her/hers) - Sexual Health Promotion Practitioner
anna.murray@solent.nhs.uk
- **Gordon Atkins** (he/him/his) - Sexual Health Promotion Practitioner
gordon.atkins@solent.nhs.uk
- **Natalie D'Anna Brown** (she/her/hers) - Sexual Health Promotion Practitioner
natalie.d'annabrown@solent.nhs.uk
- **Kerry Oakley** (she/her/hers) - Health Advisor (Sexual Health)
Kerry.Oakley@solent.nhs.uk



Housekeeping



- Keep microphones on mute



- If you have any questions, please put them in the chat box. To save time, questions will be answered at the end



- Please keep any questions anonymous to protect confidentiality



- The slides and Q&A will be available on our website



- The webinar will not be recorded



Session Overview

- **Information regarding local Sexual Health Services**
- **Resources to support conversations and improve access to Sexual Health Services**
- **The Law, Consent and Safeguarding**
- **Relationship and Sex Education (RSE) resources & signposting to free training**
- **Connections with your local Sexual Health Promotion Practitioner**

- **People with a learning disability are sexual beings and have sexual rights**
- **They have a right to explore and express their sexual identity and to develop relationships just like anybody else**
- **Safe and consensual personal and sexual relationships can offer happiness, fulfilment, companionship and a greater sense of choice and control for people with a learning disability**

MENCAP

Sexual Offences Act (2003)


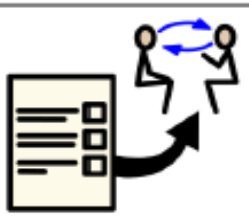

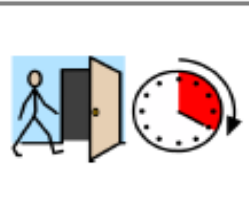
- Aims to protect the child and young person who is being abused or exploited
- Aims to protect adults with a '*mental disorder*' who are unable to consent to sexual activity
- Does not prevent carers and professionals from giving confidential advice or treatment on contraception and sexual health issues






The Children Act 1989 guidance and regulations states that the experience of being cared for should also include relationships, sex and contraception education

- Sexual consent for people with cognitive disabilities



What is a SHIELD Clinic?

	<p>SHIELD is a friendly sexual health clinic for people with a learning disability.</p>
	<p>To see us you will need someone to make a referral with you, or you can refer yourself.</p>
	<p>We will tell you or your supporter about your appointment by phone or letter.</p>
	<p>When you arrive at the clinic you will be seen quickly. You won't have to wait long.</p>

	<p>You will have time with a nurse to talk about your sexual health and preventing infections. You can find out if you need any tests.</p>
	<p>You can talk about contraception which can stop you having a baby. You can decide which is best for you.</p>
	<p>Everything will be free.</p>
	<p>The team will help you to learn about relationships and how to keep safe in a relationship.</p>
	<p>Everything you say will be confidential. Your information will only be shared if we are worried about your safety. We will talk to you about this.</p>

SHIELD Clinic direct phone numbers

Aldershot Centre for Health

Telephone: **02380 540400**

Crown Heights, Basingstoke

Telephone: **02380 540400**

**Royal South Hants Hospital in
Southampton**

Telephone: **02380 540181**

St Mary's Community Health Campus, Portsmouth

Telephone: **02380 540454**

St Mary's Hospital Isle of Wight

Telephone: **01983 534072**

If you have any problems contacting us, our Patient Advisory Liaison Service (PALS) can help
Telephone: **0800 013 2319** or visit [Solent NHS Trust PALS website information](#)



SHIELD
Clinic



What's it Like?

Virtual tours of main hubs and what to expect

Portsmouth Clinic, St Marys Hospital

[Contraception Advice](#) [Sexually Transmitted Infections Testing and Treatment](#)

Southampton Clinic, Royal South Hants Hospital

[Contraception Advice](#) [Sexually Transmitted Infections Testing and Treatment](#)

Basingstoke Clinic, Crown Heights

[Contraception Advice](#) [Sexually Transmitted Infections Testing and Treatment](#)

Isle of Wight Clinic, Newport

[Contraception Advice](#) [Sexually Transmitted Infections Testing and Treatment](#)





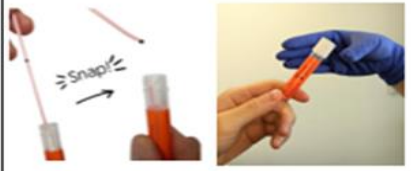
Specialist Clinics Information | Lets Talk About It



Examples of Easy Read Leaflets Sexual Health

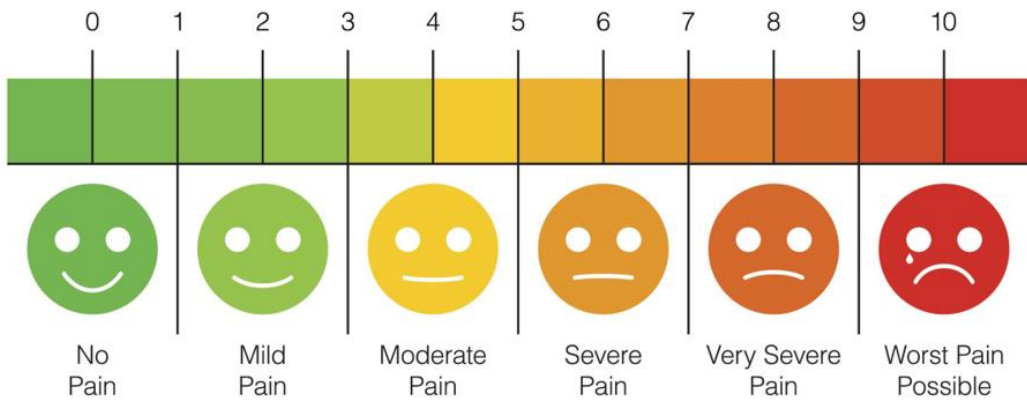
- How to do a urine sample
- How to do a vaginal sample
- Yes/ No/ Not sure communication cards
- Pain scale
- Reminder- what happened at my appointment
- Condoms




How to take a urine (pee) sample	
	Wash your hands before and after taking your urine sample.
	You will be given a wide pot and a tall pot with a lid.
	Use the wide pot to pee in. Catch the first part of your urine.
	Carefully pour some urine into the tall pot. Screw the lid on tightly.
	Empty the wide pot into the toilet. Put the wide pot in the bin.
	Wash your hands. Give your urine sample to the Nurse or Doctor.




How to take a vaginal swab	
	Wash your hands before and after taking your vaginal swab.
	You will be given a swab and a tube. Take the lid off the tube.
	With your legs apart, spread the opening of your vagina. Rub the cotton swab around the outside of your vagina a few times.
	Put the swab into your vagina 1-2 inches. Gently turn the swab around, against the vaginal walls for 20 seconds. Remove the swab carefully.
	Put the swab into the tube. Snap the swab at the black line and put the lid back on. Return your sample to the Nurse or Doctor.

Communication tools

PAIN SCALE



Yes 	Not sure 	No 
---	--	--

Yes 	Not sure 	No 
---	--	--

What happened at my appointment?

Date:.....



Tests:



Vaccinations:



Medication:



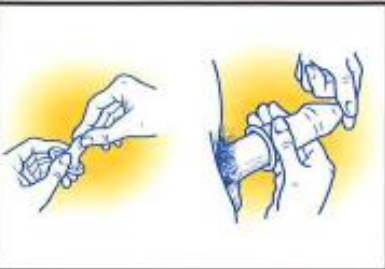






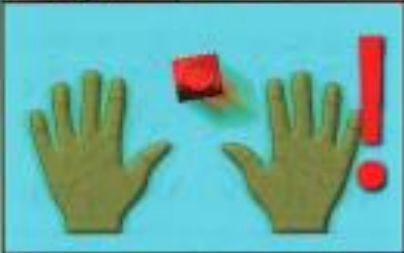

Information / Advice:



Follow up appointment:



Condom for men	
	<p>The condom is a very thin cover made of plastic.</p> 
	<p>You put the condom on your erect (hard) penis just before you are about to have sex.</p> <p>It is important that you put the condom on properly so that it does not tear or slip off.</p>
	<p>The condom helps stop your sperm from going into the woman's vagina and helps stop the woman from getting pregnant.</p>
	<p>When you ejaculate (cum) you take your penis out of the woman's vagina. You must hold on to the end of the condom so it does not slip off and to make sure no semen comes out. It is important to do this before your penis goes soft.</p>

Condom for men (continued)	
	<p>You should always use a new condom every time you have sex.</p>
	<p>As well as stopping a woman from getting pregnant, a condom can help stop a woman or man from getting a sexually transmitted infection (STI).</p>
	<p>Condoms can be hard to put on if you have difficulty using your hands.</p>
	<p>You can buy condoms at the pharmacy and other shops but they are free in sexual health clinics.</p>

LGBTQ

Research has found that LGBTQ people with a learning disability face 'double discrimination' because of their sexuality or gender (Snell, 2018).

- [SCIE ORG – Video](#)
- [Stonewall Resources](#)
- [LGBT Easy Read](#)
- [Trans Easy Read](#)



Snell, J. (2018). Ending bigotry faced by LGBT people with learning disabilities. Learning Disability Practice 21(1), 8-11.

Using Social Stories for clients with a Learning Disability

The same referral pathway is used for all people with identified vulnerabilities who are considered at risk of sexual exploitation, poor sexual ill health, unintended pregnancy or sexually transmitted infections

1-1 referral for Sexual Health Promotion

A full safeguarding assessment (RAT) is undertaken

Initial health assessment used to identify the clients' level of understanding, being understood, attention, perception & change.

Identify sexual health needs, level of sexual risk and plan appropriate intervention, set aims and objectives for one-to-one sessions.

Provide Motivational Interviewing (MI), enhanced listening skills and sex & relationships education to empower clients to make informed choices about their lifestyles, also adapting our teaching resources accordingly.

Social Stories

Social stories help people with a learning disability to learn the skills they need to identify, understand & to make good healthy choices that will increase their social acceptance and life skills.

Social stories work because they relate to life experiences, they are visual, the language is simple, and keywords are emphasised.

The layout and content is a uniformed design, same colours, wording, signs & symbols, these can be modified to the person's ability to help them achieve their full potential.

When delivering a social story, show only one page and image at time, slow down your language while reading and allow time for discussion/questions.

Someone with learning disabilities knowledge & understanding can improve with social story interventions.



















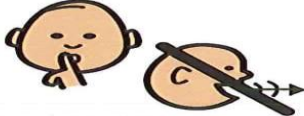

Social Stories

Using Social Stories

- Solent Sexual Health were contacted by a special state school for pupils aged 11-16 with moderate learning disabilities and autism spectrum disorders.
- Requesting support with a male pupil who had been expressing an interest in the opposite sex & had been touching himself in the classroom.
- The information we received from the young person's teacher & foster carer was that he had a learning disability & a low level of understanding.
- We knew that our resources wouldn't be appropriate for this intervention and sought different ways to support him.
- Knowing that he had some level of reading & understood sign symbols we thought of putting together a scenario for us to deliver.
- We wanted to show what is & not appropriate in different settings. We used his name, symbols saying OK & not OK, very simple pictures of a young male, only using primary & secondary colours and very few words.

Social Stories

- [Living Well With Autism - Your Living Well With Autism Handbook](#)
- I have found each time the client engages really well and has understood the content. The clients liked the layout & activity, I have adapted them to the needs of each individual.
- Initially I delivered this by reading through the story & asking questions, however I wanted the session to be more interactive.
- Make a copy, laminate & cut-out the individual squares, ask questions about the topic & the client has to find the relevant/corresponding squares & place them on the story.
- I have found that the client is far more engaging & the response rewarding.
- There are many that I have used, including When it's Okay to talk about Sex, All about Hugs, Who can I Kiss, Everyone has Private Parts.

 <p>My Special Private Times</p>	 <p>My body is mine.</p>	 <p>I can touch myself.</p>	 <p>Some touches feel very good</p>
 <p>I like to touch my private parts.</p>	 <p>But NO ONE should see me touch my private parts</p>	 <p>My bedroom is a private place</p>	 <p>The bathroom is a private place</p>
 <p>I will close the door so I can have privacy</p>	 <p>Touching my private parts is something I do when I'm alone</p>	 <p>If Mom or Dad knocks on my door, I can say I'm busy</p>	 <p>I can look at a magazine with pretty girls</p>
 <p>It is okay for ME to touch MY OWN penis and testicles</p>	 <p>My penis may go "up" This is called an erection. It is okay.</p>	<p>My penis might get big and firm. This is okay. It will get soft again!</p> 	<p>A little sticky liquid might squirt out of my penis. This is okay. It is not pee. It is semen.</p> 
 <p>If my penis feels sticky, I can clean off with a towel or wash cloth</p>	 <p>I put my clothes on and wash my hands when I am done</p>	 <p>I don't tell Mom or Dad or anyone about my special private times</p>	 <p>Touching myself is one way I make myself feel good. And that's okay!</p>

Masturbation Social Story

Referrals into Sexual Health Services

For external agencies to make a referral to the Health Promotion & Outreach Nursing Team, professionals can complete all relevant sections of the referral form and email to:

Snhs.sexualhealthreferral@nhs.net

If you are unsure if a Sexual Health Referral is appropriate, please contact the team, or your local practitioner. **It is always necessary to gain the persons consent prior to a referral being made.**

[Sexual Health Promotion \(1:1 Support\) Referral | Lets Talk About It](#)

[Outreach Nurse Referral | Lets Talk About It](#)



Resources to Support Carers and Staff

- [Mencap.org.uk](https://www.mencap.org.uk)
- [Ready To Shine](#)
- [Love4Life](#)
- [Sexuality and Relationships - FAQs Mencap](#)
- [What is The Mental Capacity Act? | Mencap](#)
- [FPA.org.uk](https://www.fpa.org.uk)
- [We are SASH \(sashlondon.org\)](https://www.sashlondon.org)
- [Safeguarding Adults with Learning Disability](#)



Resources *continued*

- [Relationships and sex resources | Mencap](#)
- [Easy Health.org.uk](#)
- [Bild.org.uk](#)
- [The Josephine and Jack Project](#)
- ['Building a Home'](#)
- [HIV - Easy Read](#)
- [Twinkl-Easy Read Materials](#)
- [Sexual Health Resources NHS- Scotland](#)
- [A Picture of Health Easy Read Sexual Health resources](#)



References:

Azzopardi-Lane, C. (2017). *Intimate relationships and person with learning disability*. Tizard Learning Disability Review, 22(1), 24-27.

Baines, S., Emerson, E., Robertson, J., & Hatton, C. (2018). *Sexual activity and sexual health among young adults with and without mild/moderate intellectual disability*. BMC Public Health, 18(1), 667.

Bates, C., Terry, L., & Popple, K. (2017a). *The importance of romantic love to people with learning disabilities*. British Journal of Learning Disabilities, 45(1), 64-72.

WHO. (2022). Sexual Health. Accessed from: [Sexual health \(who.int\)](https://www.who.int/sexual-reproductive-health)

SHIELD Clinic Needs Assessment: [Document Link](#)

