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**Report of the Teenage Pregnancy Co-ordinator and Leeds Primary Care Trust**

**North East (Inner) Area Committee**

**Date: 17<sup>th</sup> March 2008**

**Subject: Teenage Pregnancy**

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**Electoral Wards Affected:**

Chapel Allerton  
Moortown  
Roundhay

Ward members consulted  
(referred to in this report)

**Specific Implications For:**

Equality and Diversity

Community Cohesion

Narrowing the Gap

Council  
Function

Delegated Executive  
Function available  
for Call In

Delegated Executive  
Function not available for  
Call In Details set out in the  
report

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**Executive Summary**

This report provides a summary of activity undertaken in inner north east Leeds to contribute to the delivery of the Leeds Teenage Pregnancy and Parenthood Strategy. It gives some statistical information on teenage conception rates in Leeds on a ward and citywide basis.

## **Purpose Of This Report**

1. The following is a report on activity undertaken to contribute to the delivery of the Leeds Teenage Pregnancy and Parenthood (TPP) Strategy in the north east area. Please note that although some of the schools, pharmacies and other services mentioned fall outside of the physical geography of the inner north east area, they have been identified as schools and services used by young people resident in inner north east, so they are included in this report.
2. The TPP Strategy is managed and co-ordinated by the Leeds Teenage Pregnancy Co-ordinator based in Education Leeds.

## **Background**

3. The Government target is to reduce teenage pregnancy rates in Leeds by 55% by 2010 and to support 60% of teenage parents into education, employment and training. Leeds is eight years into its local teenage pregnancy strategy working towards this target.
4. Recent new figures released by the Government's Teenage Pregnancy Unit show the Leeds conception data for 2005. The figures show a slight increase in the number of under 18 conceptions in the city, from a rate of 46.5 conceptions per 1000 15 -17 year olds in 2004 to a rate of 49 in 2005, which is higher than the national average. However, this is still a reduction of 2.9% since the baseline year of 1998. See appendix 1. Leeds is below the national average for under 16s conceptions. In terms of priority wards, Chapel Allerton falls in the second wave. Those in the first wave are where work is targeted. Statistically, Roundhay and Moortown do not show as having teenage pregnancy rates of concern.

## **Leeds Primary Care Trust activity**

### **Young People Friendly Practice Initiative**

5. This initiative started as a pilot in May 2004 in the NE area of Leeds. It is a full GP practice based approach which ensures that local young people can access their GP and practice nurse with confidence. It includes the birthday card scheme where 14 year olds are sent a card letting them know their local GP is available for them and some of the services they offer for young people. It is aimed at young people between the ages of 13 to 19 as evidence shows that young people generally do not access primary care services. There are many reasons why young people do not attend their GP surgery. Confidentiality is a major factor. By integrating the present services on offer locally and through other agencies such as Youth Services and CASH (Contraception and Sexual Health Services) the PCT are able to increase the accessibility and range of health services available to young people in the local area. The pilot was well evaluated in the NE and is being rolled out across the city as an example of good practice (evaluation report by Anita Jones available on request from the PCT). Currently there are 6 GP practices and 1 College of Further Education (Leeds Thomas Danby) delivering the young people friendly scheme within the Inner NE Leeds area.
6. Practices providing additional services for young people in inner NE;
  - Allerton Medical Centre, Montreal Avenue, Leeds 7
  - Westfield Medical Centre, Chapeltown Road, Leeds7

- St. Martins Practice, Chapeltown Road, Leeds 7
- Meanwood Health Centre, Leeds 6
- Thomas Danby College, Roundhay Road Leeds 7
- Newton Surgery, Chapeltown Road, Leeds7
- Rutland Lodge, Scotthall Road, Leeds7

### **Peer support training**

7. Peer support training is also being delivered locally with accreditation planned. Thomas Danby has delivered a weekly teen health drop in to their students throughout last year. 6 peer supporters, who are students at the college, have been trained by PCT and education welfare staff to jointly deliver the service. Due to its success the PCT is applying for accreditation for the course and the second group of 12 peer supporters are now being trained. Peer supporters are trained to deliver a health service which includes all aspects of young people's health and also increases the sexual health services available to students within the college.
8. Their learning outcomes include increased knowledge and skills in sexual health and able to deliver clinical tests for pregnancy and Chlamydia screening. Increased knowledge in communication and ways of working with their peers. Awareness of the importance of confidentiality and ability to signpost to relevant agencies.

### **Community Pharmacy testing scheme**

9. Local Pharmacies serving the Inner North East area are offering a range of free testing for under 25's. These include pregnancy tests, Chlamydia tests and Emergency Hormonal Contraception. All pharmacies involved with this scheme have been trained to offer advice and signposting for under 25 year olds.
  - Oakwood
  - Lidgett Lane
  - Harrogate Rd
  - Scott Hall Rd
  - Meanwood Rd
  - Newton Parade

### **C-Card points and C-Swap**

10. C Card ensures young people can access free condoms, after having been inducted onto the scheme by a trained School Nurse or Youth Worker. C Swap provides free screening for Chlamydia, a symptomless sexually transmitted disease. These services are provided free from a number of venues including:
  - Meanwood Community Centre
  - Black Health Initiative, Chapeltown
  - Palace Project, Shepherd Lane
  - Prince Phillip Centre, Scotthall
  - Street Lane Practice
  - Open House community centre
  - Prince Phillip Centre
11. 20 youth work staff from inner north east attended a C-card training session in January and are due to open more C-card points in the area.

## **CASH (Contraception and Sexual Health Clinic) provision**

12. There is one CASH site in the NE locality based at Chapeltown Health Centre which offers two clinics per week. Tuesday 9 -11.30am and Thursday afternoons 4 - 6.30pm. In addition, City Wise the young people's sexual health service, which runs from Eastgate, has been heavily advertised to local young people as another CASH option for them.

## **Pregnancy and termination**

13. The PCT provides maternity services to all pregnant women in the city, but has worked to develop the skills of midwives and health visitors to work more effectively with young mothers. The PCT is also responsible for commissioning services for termination of pregnancy.

## **Youth Service**

14. The Youth Service have partnered up with LS7 Results, a theatre and film in education company who have written a production called, 'Scandels from Ruffwell. The company involve local young people mainly from in and around the LS7 area and is predominantly a young black theatre company. The performance concentrates on sexual health and relationship dilemmas including choices around pregnancy and parenting. The production is due to be showcased at the Carriageworks Theatre on the 23<sup>rd</sup> and 24<sup>th</sup> of June 2008.
15. Health Education and Youth Sexual Health Action Group (YSHAG) have been involved with the development of the project and have acted as consultants as well as being involved in fund raising. The youth service has contributed £28,000 to the project to cover production and creative costs.
16. The YSHAG and LS7 Results recently went on a residential to look at developing a resource book to compliment the drama. The project aims to target inner city schools with the intention of touring from September 2008. This is a key piece of work in a format that will engage young people and workers alike.
17. A baby reality group work programme recently took place at Allerton Grange school working with targeted young women and in addition a handful of SRE sessions have taken place at a variety of community settings since November 2008 led by one of the Health Education workers who was relocated to the area.
18. The community testing scheme has now been operating since April 2004, the running of the service is been led by Health Education (Youth Service), funded by the Teenage Pregnancy and Parenthood Partnership and supported by Armley Park Court (Leeds Public Health Resource Centre) who stock the supplies. Within the last financial year 433 tests have been carried in the city in non medical settings; 66 of these tests have been positive, of which 5 (out of 24 tests taken) were in Inner NE Leeds. There are also 6 city centre testing sites. Young women using this scheme have mainly been aged 14-19 with a balance BME ratio reflective of the ethnic make up of young people in Leeds.
19. All sites have signed up and been trained to work within the Leeds Youth Service Pregnancy Testing Guidelines with a strong emphasis on support packages re future contraceptive choices when the tests have been negative and a pregnancy is not the desired outcome, as well as support re decision making and sign posting to

appropriate agencies. It is important to note that for many young people accessing the scheme early intervention via a youth support worker will have played a crucial role.

## **Education Leeds (Health Initiatives – Teenage Pregnancy Team and Healthy Schools Team)**

20. **All NE high schools/secondary SILCs.** All school age parents (including fathers) and parents-to-be receive specialist mentoring support from the Health Initiatives Teenage Pregnancy Team (HITPT). This includes ensuring continuance in education, and removal/minimisation of a range of barriers to this. Most continue in their own high schools. Information and advice is provided to school staff dealing with issues related to teenage pregnancy.
21. **Allerton Grange High School.** The HITPT has been booked to deliver SRE sessions on “Unintended Pregnancy: Choices and Decisions” in the summer term.
22. **Allerton High School.** HITPT Sessions on “Unintended Pregnancy: Choices and Decisions” have been delivered to Year 10 classes. Trained peer educators (who were themselves school age parents) have delivered sessions on the realities of teenage parenthood to Year 8 classes.
23. **Carr Manor High School.** The HITPT contributes to the staffing of the weekly HYPS (see School Nursing, below) alongside school nurses and a youth worker. This Specialist Learning Mentor (Teenage Pregnancy) is trained with regard to the C-Card and Community Pregnancy Testing Schemes. ABC Leeds (Health Initiatives Healthy Schools Team) is leading an Extended Schools pilot in Carr Manor High using agencies to support SRE cross phase. In order to respond to need, opinions of pupils, staff and parents are sought through the formation of a cluster council and questionnaires to parents and staff. An audit of provision across the curriculum and extended school day has helped to identify where further input is needed.
24. **Elmete Central BESD SILC.** The new PSHE Coordinator is receiving support from the HITPT for SRE. In addition to hours of meeting time, this has involved a significant hands on teaching commitment to develop the SILC staff delivery capacity for 2008-9 through modelling effective practice with this client group. Year 9: 4 classes received 1 lesson per week each from September to December. Year 10/11: 3 classes receiving 1 lesson per week from January to March. Year 7/8 will receive similar input in the summer term. The new PSHE Coordinator is receiving support from the Healthy Schools Consultant for PSHE in general.
25. **Primrose High School.** The HITPT has been leading negotiation with the school on behalf of the HYPS Steering Group and the school has formally been offered a HYPS (see School Nursing, below). The HITPT have offered to contribute staffing to this HYPS, alongside School Nursing, the Youth Service and the Federation BEST.

## **School Nursing**

26. School Nursing Teams are based across the city, and are responsible for a number of High Schools and Primary Schools within a defined area.
27. The Healthy Young People Service (HYPS) are multi agency drop-in sessions held weekly. They provide confidential advice and support to young people around any health related issue, and also provide C-Card registration and pick-up, Pregnancy Testing, Chlamydia Screening (as part of the C-Swap programme), and Emergency

Hormonal Contraception. Referrals can also be made to other agencies including Abortion Services for discussion around their options. School Nurses also support schools within the Leeds Healthy Schools programme.

28. **The Chapeltown Team**, based at the Health Centre, cover most of the Inner NE area. They work with the Primary Schools within their area, supporting them delivering the PSHE/SRE curriculum, especially around puberty and growing up for Years 5/6, either by supplying outline lesson plans, or supporting some with the actual delivery where needed.
29. In Primrose High a 16 session programme on Sexual Health has been delivered to Year 9 pupils. A HYPS is has been offered to the school in conjunction with the Health Initiatives Team and Youth Services. In Allerton Grange High 6 sessions on Sexual Health has been delivered to Year 10 pupils. In Roundhay High, support to young people on a one to one basis has been given, working alongside the Learning Mentor.
30. All Looked After Children are offered an annual Health Needs Assessment, and Sexual Health is one of the issues discussed. Packs of information are given to all 15/16 year olds to take home. Elmete Pupil Referral Unit is supported around health issues, and 1-1 work planned with identified young people.
31. **The Leafield Team** based at the Clinic, cover the Outer NE area, but some schools are accessed by pupils from the Inner NE. They run a weekly HYPS at Carr Manor High. Support is also offered to Elmete Central SILC (Stonegate site) around any health issues/PSHE/SRE. Cardinal Heenan School are in discussions with the School Nursing service around their PSHE/SRE curriculum at present. In Millfield School a parental drop in session is held, offering advice and support around any health related issues.

## Training

32. There is a full programme of sexual health training courses delivered by partners, co-ordinated by the PCT and joint funded by TPP which are available free of charge to all Leeds based professionals. The calendar is available on request from Maggie Dufton on 3057622.

## Conclusions

33. There are number of measures evidenced as effective in contributing to reducing Teenage Conceptions, as part of the city-wide TPPP Strategy and CYPP Strategy. The report has focussed predominantly on prevention activities in the North East and the local delivery of the Teenage Pregnancy and Parenthood Partnership's strategic implementation plan.

## Recommendations

34. The Area Committee is requested to note the contents of this report.