



ANNUAL REPORT 2019–2020

Supported by funding from the ACT Government and the generosity of our clients and donors.



APPOINTMENTS 02 6247 3077
INFORMATION SHFPACT.ORG.AU

YOUR SEXUAL HEALTH MATTERS

- Cervical Screening and HPV Vaccine
- Breast checks and breast awareness education
- STI and HIV screening, checks and advice
- Reproductive and sexual health services
- IUDs and other long acting contraceptive options
- Canberra Menopause Centre
- Sexual difficulties and contraception services
- Services for people with disabilities
- Fertility issues and pre-conception advice
- Emergency contraception / Morning After Pill

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GET INVOLVED

About SHFPACT

Serving the Canberra community and the region for more than 45 years, Sexual Health and Family Planning ACT is a community not-for-profit, non-government, membership-based incorporated association and an ATO-endorsed health promotion charity and deductible gift recipient.

Friends of SHFPACT

'Friends of SHFPACT' enjoy the same benefits of ordinary membership of the Association without the obligations of attendance or voting rights at general meetings. Becoming a 'Friend of SHFPACT' is a great way to show your support for the work and goals of our organisation, and means you will be kept up to date on SHFPACT activities through regular communications.

Members and Friends of SHFPACT enjoy the following member benefits:

Discounted clinic consultations

Discounted purchases from bookshop (5%)

Invitation to annual member events

Members communications (3 per year)

Discount on training course fees (10%)*

**SHFPACT Professional Members*

Become a member or friend of SHFPACT today and support our work!

Association membership

Our membership is varied and includes community members and community organisations, government service providers, academics and health professionals. Members of the Association have voting rights at general meetings and are eligible for nomination to the SHFPACT Council once a minimum period of financial membership is served. Association membership is a way to get actively involved in the life of the Association.

Volunteers and student placements

Friends of SHFPACT are regularly called on to assist with the preparation of condom packs for distribution in the Canberra community. This activity can be an engaging way to start a conversation about safe sex in your family or social network!

SHFPACT welcomes inquiries from students in programs of study relevant to our areas of work for student placements and projects. In the past these have involved people studying health promotion, community education, sexology, nursing, medicine and gender studies, amongst others undertaking needs assessment and research projects, and participating in SHFPACT's service delivery activities.

Visit shfpact.org.au or call **02 6247 3077** for more information. All donations to SHFPACT over \$2.00 are tax deductible.

OUR PURPOSE

Sexual Health and Family Planning ACT'S purpose is improved sexual and reproductive health for the Canberra community, within a framework of human rights, social justice and prudent financial management for long-term sustainability.

Sexual Health and Family Planning ACT is a leader in integrated sexual and reproductive health workforce development, health promotion and education, and clinical services delivery to:

- A.** Reduce barriers to reproductive and sexual health.
- B.** Build the capacity of individuals, communities and organisations to improve sexual and reproductive health.

Sexual Health and Family Planning ACT recognises that gender is a key social determinant of sexual and reproductive health, that promoting gender equity results in improved health and wellbeing for the whole community, and that the biological, psychological, relational and social dimensions of sex and gender are central to improved sexual and reproductive health outcomes across the lifespan.

Sexual Health and Family Planning ACT identifies barriers to improved sexual and reproductive health as:

- A.** The availability, accessibility and affordability of high quality health services.
- B.** The availability of workforce skills development opportunities in the community that improve the responsiveness of primary healthcare providers, and other workers and carers in the area of sexual and reproductive health.
- C.** Access to accurate and appropriate knowledge and information to inform public policy and personal choices about sexual and reproductive health.
- D.** The structuring of health and community support services in ways that create separation and 'silos' that do not reflect the lived experience of sexuality, sexual health and reproductive health as an interconnected whole.

PRIORITY POPULATIONS

Sexual Health and Family Planning ACT recognises the following priority populations face barriers to achieving improved sexual and reproductive health:

Young people.

People on low incomes or who are otherwise facing financial hardship and disadvantage.

People from culturally and linguistically diverse backgrounds.

People with disabilities.

Aboriginal and Torres Strait Islanders.

People who identify as gay, lesbian, bisexual or queer; people who are same-sex attracted; and people who are sex and/or gender-diverse.

Recognising that the needs of identified priority populations are not uniform, SHFPACT addresses barriers through the most appropriate combination of: community consultation and needs analysis; the provision of cost-effective, evidence-based programs and services that address identified needs; advocacy; and/or capacity/knowledge building.

SHFPACT seeks to build community and individual agency, and to learn from and support the capacity and capability of other organisations to serve these needs effectively.

SHFPACT'S AREAS OF WORK

Clinical services in the area of sexual and reproductive health

SHFPACT provides a client centred suite of reproductive and sexual health primary healthcare services, including sexual health screening, contraception, pregnancy, menopause, and women's and men's healthcare. Services are provided from a primary clinical site and through outreach activities.

Counselling

SHFPACT provides Canberra's only free unplanned pregnancy counselling service that is client-centred, non-directive and refers for all pregnancy options.

SHFPACT's support to people with disabilities includes one-to-one and group counselling programs to enhance relationships, sexuality, sexual and reproductive health, and social safety skills and understanding.

Professional development training

SHFPACT delivers theory and clinical attachment training for medical practitioners, registered nurses and allied health professionals in sexual and reproductive healthcare, and a wide range of professional development and training activities to support workers in the education, youth, community, and disability support and advocacy sectors to improve reproductive and sexual health.

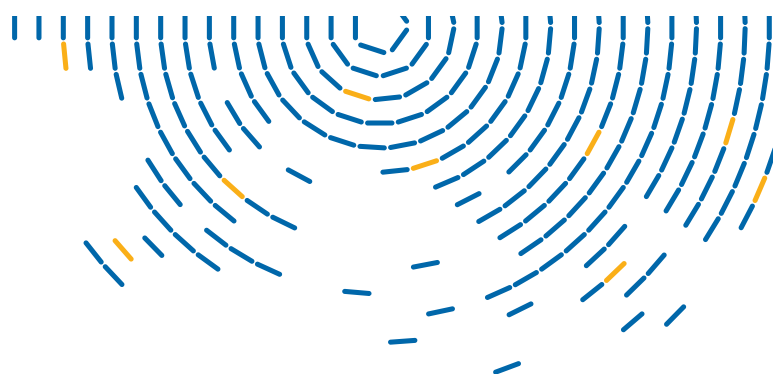
Community and schools education

SHFPACT provides comprehensive, responsive and tailored programs to a broad range of community groups and schools on all aspects of sexual and reproductive health and rights, and sexuality and relationships education.

Health promotion and information services

SHFPACT works with community partner organisations to promote access to sexual and reproductive health services, and improve sexual and reproductive health literacy through community-based health promotion projects and activities.

SHFPACT provides a range of health information resources in person, in print and online to inform decisions about sexual and reproductive health.



SHFPACT'S VALUES, PRINCIPLES AND APPROACH

Sexual and reproductive rights are human rights related to sexuality, reproduction and relationships.

SHFPACT works within and advocates for a comprehensive definition of sexual and reproductive health consistent with the World Health Organization's definitions.

The expression of sexuality occurs across the lifespan, in the context of human relationships. Sexual and reproductive health needs evolve and change at different stages of life, and in different social and relational contexts.

We value the understanding of community health needs and health outcomes that derive from an analysis of the social determinants of health and wellbeing. We value sharing of information about community needs in order to collaboratively address diverse health needs through targeted prevention and intervention approaches.

SHFPACT approaches its work through the lens of evidence-based healthcare.

We strive to achieve equitable access that reflects the different needs and barriers experienced by priority populations to high quality, affordable, relevant and accessible services.

Working within a health promotion framework unites the various services and diverse activities undertaken by the organisation in achieving its purpose.

Our impact, particularly on priority populations, is augmented and amplified through capacity building approaches and working in partnership with others.

SHFPACT affirms and advocates anti-discrimination principles set out in ACT and Australian laws and international conventions.

We value the benefits and challenges that come from community diversity, and are committed to learning with and from diverse community members to better advocate for and address their needs.

Services are delivered within a person-centred and pro-choice approach.

COUNCIL & EXECUTIVE REPORT

It is challenging to report to SHFPACT's members and stakeholders about a year as extraordinary as this one.

2019 ended and 2020 began for the Canberra community amid the environmental and personal impacts of a bushfire season that extended over many months, layering our city and the wider region in a blanket of smoke and ash. And many of our wider and organisational community were caught up as fires ravaged the South Coast, and threatened to reach our outer suburbs for the first time since 2003. That phase terminated in Canberra with a damaging hail storm, and was followed promptly by the COVID-19 global pandemic and public health responses that have dominated the rest of 2020.

It is also important to acknowledge that our staff team has also faced an extraordinary year in terms of illness, loss and grief in our immediate and extended families that has added an extra layer of challenge.

Despite this, and perhaps even due to the imposed need to approach work in a different way that our whole world has had to grapple with, the team pivoted to new modes of engaging and responding to deliver services to our clients and community during the initial pandemic response. SHFPACT was grateful to receive additional financial supports from both the Australian and ACT Governments that enabled the organisation to make necessary shifts. And organisations directly funded by the ACT Government were supported by Ministers with permission to operate flexibly to respond as needed. Non-government organisations, including SHFPACT, worked with our government colleagues to navigate this environment, working to rapidly identify and respond to emerging community needs as best we could in a constantly evolving situation.

The part of the story covered in this report about the 2019-20 financial year ends rather abruptly just as SHFPACT began to return to a level of activity in our clinical services that reflected pre-COVID norms, and just as our education and training programs are about to deliver all of the delayed and deferred work from March-June 2020 and a normal volume of activity for July-September 2020 simultaneously.

We were disappointed that some activities, like our flagship doctors course, require a lead time that meant the program was not offered in 2020 at all. And we have been very pleased with the unanticipated benefits that offering other clinical training activities in amended formats has delivered in terms of quality of training experience for participants. Despite a high degree of uncertainty about our ability to run the program at the start of the pandemic, especially the clinical placement components, SHFPACT was able to offer the Well Women's Screening Course to a limited number of participants in some revised delivery formats.

The majority of SHFPACT's schools education and community education work was cancelled or deferred in Term 2 (April-June), as school communities grappled with the task of moving to off-site/remote learning for most students in late Term 1, and then back to classrooms by the end of Term 2. We also took the decision to defer the commencement of new groupwork programs for young adults with disabilities, and to end existing groups earlier to minimise potential infection risks during Australia's first wave of coronavirus infection for a vulnerable population group. We continued to offer one-to-one counselling/education services online during this period.

SHFPACT Council, the staff team, and our clients have all been pushed by circumstance to embrace the online world to engage and communicate. One of the early benefits has been the confidence and skills this has built, and the familiarity and acceptability within our wider community of accessing education, training and clinical care in this way when required. Council has met online since February, and the majority of team meetings internally and engagement with external partners and stakeholders have also been held this way.

We are particularly proud of the way our clinical team rapidly adapted to offer services online and by telephone, as face-to-face consultations were deferred. We heard from our colleagues both in tertiary hospital settings and in wider general practice about the potential impact of reduced access to asymptomatic screening for sexually transmissible infections (STIs).

COUNCIL & EXECUTIVE REPORT

CONTINUED

The SHFPACT team stepped in to offer an almost contactless model for this service to help fill the gap. And we were grateful to receive some ACT Government financial assistance to cover the costs of offering this service under pandemic response conditions.

While initial STI notification data indicated a drop in reported infections during the initial pandemic response shutdown (March–June), we have been able to determine that this is likely a combined result of both reduced testing levels overall, plus social distancing measures changing or reducing sexual risk behaviours. A planned ACT Government sexual health campaign on STIs was deferred during this period to later in 2020 to leave communications bandwidth open for pandemic messaging, and to allow for some tweaking of the campaign to reflect impacts of the public health response.

The leadership team demonstrated an ability to precisely and quickly identify our core essential work from important services that could be deferred in the short-term. We advocated locally – and with other family planning organisations nationally – to governments on decisions that impacted how flexible services can be delivered (such as the restrictions of telehealth eligibility under Medicare), and collectively shaped clinical guidance advice for our colleagues in primary healthcare regarding the longer-term public health impacts of deferred services in areas such as cervical screening, contraceptive access and unplanned pregnancy. And we returned sooner than anticipated to direct delivery of this essential service suite. At the end of June SHFPACT remained in a restricted services setting to be COVID-safe.

As the organisation moves forward, we have clearly defined both the circumstances in which any future restrictions of service would occur, and are clear about the essential core of work that we will seek to maintain unless it is impossible to do so. We contributed with many other diverse NGO service providers to helping ACT Government define what ‘essential services’ are in the ACT context.

The remainder of 2020 unfolds with continuing uncertainty in our wider environment about the course of the pandemic, but with the knowledge that SHFPACT’s services are highly demanded, and recognising the capacity and capabilities of the staff team to adjust to extraordinary conditions. In the advocacy and funding environment a major health services planning and NGO procurement process by ACT Government is underway, and ACT Election 2020 took place in October electing an ALP-led government including strong Greens representation. The incoming Government’s election commitments include specific commitments in sexual health policy in SHFPACT’s areas of work. SHFPACT’s ongoing advocacy positions the organisation well to articulate community health needs in reproductive and sexual health.



COUNCIL

The SHFPACT Council enjoyed the stability of a core continuing group of members elected in prior years, and many of the newer members co-opted in the previous year were elected at the 2019 Annual General Meeting.

The Council agenda during this year focused on supporting the executive management and staff team as the organisation navigated significant business continuity challenges arising from the pandemic response, and orienting newer members to the organisation, its environment and work. Council has also played an active role in sharing SHFPACT's 2019–2023 Strategic Plan with MLAs and candidates, to inform elected/prospective elected officials about the role SHFPACT plays across a range of activities in clinic, education, workforce development and community settings.

Council is in awe of the manner in which the staff team has rapidly shifted gears throughout the pandemic, with community need at the heart of decision making every step of the way.

Council members

PRESIDENT	Janelle Weissman
VICE PRESIDENT	Bronwyn Clark (to AGM 2019, continuing member of Council)
VICE PRESIDENT	Melissa Hobbs (from AGM 2019)
SECRETARY	Sophie Fisher
TREASURER	Nirmala Krishnakumar
MEMBER	Sarah Avery
MEMBER	Rachael Burkitt
MEMBER	Melanie Dorrington
MEMBER	Angela Lauman (term ended at AGM 2019)

FINANCIAL PERFORMANCE

Prior to the impacts of the global pandemic response, SHFPACT's financial revenue and financial position were consistent with previous years' patterns, with a continued focus on financial sustainability goals established by the Council in 2016. At the end of December 2019 SHFPACT was in a small surplus operating position, and anticipated the majority of education and training activity and associated revenue for the full financial year would take place in 2020, and that the pattern of demand for clinical services would continue for the remainder of the financial year. These assumptions changed radically in February 2020.

Despite the significant uncertainties of this year and impact on revenue, SHFPACT recorded a surplus result of \$49,433 (prior year deficit of \$1,872).



This result was achieved with the assistance of Australian Government pandemic economic stimulus supports (ATO Cash Flow Boost and JobKeeper programs). ACT Government support for NGO service providers was announced as part of measures to manage the impacts of the pandemic on the Canberra community and service providers, and provide economic stimulus for the ACT economy.

SHFPACT received \$100,000 in June 2020 to support the organisation through transitions to alternative modes of service delivery, and to sustain service output that may be otherwise uneconomic, in order to comply with COVID-safe practices. These funds will be acquitted in the next financial year. ACT Government support also includes rebates and reductions in land taxes and levies that will benefit SHFPACT's financial position in the 2021 financial year.

There was a significant improvement in the cash flow position of the organisation as a result of these combined stimulus measures, and the considerable reductions in expenditure during the last quarter of the 2020 financial year.

SHFPACT invested in renewal of IT and communications equipment to replace ageing assets, and to upgrade capacity to support both a shift to online modes of service delivery and support staff working remotely. Other anticipated facilities maintenance and upgrade activities were deferred.

SHFPACT continues to work towards Council targets of a current ratio of 2:1 (FY2020 1.62:1, compared with FY2019 1.76:1, FY2018 1.57:1), and a minimum months-of-operating buffer in the range of 2-3 months (estimate 2.65 months at June 2020, comparison 2.26 months at June 2019).

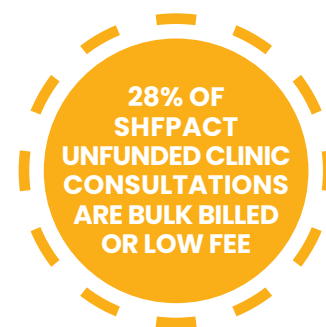
It remains the intention of the organisation that consistent program surplus results will ultimately be reinvested in accessibility strategies for priority populations in line with SHFPACT's purpose and mission, and enable the organisation to invest in new areas of work that are not supported by government funding.

The SHFPACT Council approved an interim budget in June 2020 anticipating a significant deficit result for financial year 2020-21 based on substantial reductions in fee-for-service revenue in the continuing pandemic response environment. However, after an extremely busy first quarter (July-September 2020) and continued eligibility for JobKeeper supports in that period, Council endorsed a budget revised forecast in October 2020 for a minor deficit result. Based on this quarter's result, SHFPACT is not eligible for JobKeeper supports in the period October-December 2020.

Members endorsed the Council recommendation to appoint a new auditor at the 2019 Annual General Meeting.

BellchambersBarrett conducted this year's audit of the financial statements, returning an unqualified audit result. The first audit with a new auditor (or client) always involves a significant investment in understanding the organisation's business and environment, and SHFPACT management wishes to thank the staff at BellchambersBarrett for their professional engagement throughout this process.

2019–2020 SERVICE SUMMARY



Provision of reproductive and sexual health clinical services

SHFPACT makes a direct contribution to ensuring high quality, accessible and affordable clinical services for the Canberra community by:

Delivering free sexual and reproductive health clinical services funded by our service funding agreement with ACT Health, including in outreach settings.

Applying a billing concessions policy to other unfunded family planning, reproductive health and sexual health services that minimises or eliminates the cost barrier for clients.

Facilitating outreach clinical activities to reach individuals and communities who may not access a mainstream clinic.

The SHFPACT Clinic operates primarily on a fee-for-service basis – a bulk-billed/concession or standard fee is charged for most services. Services that are billed to or rebated by Medicare are not funded by or reported to ACT Health.

In 2019–20, SHFPACT Clinic provided 4,103 consultations in total.

666 clinic consultations (16% of total) were directly funded by ACT Government in 2019–20, and provided free to the client. An additional 864 nursing consultations (21% of total) were subsidised by funding from ACT Government, and both figures are now included since July 2019 under updated service funding agreement reporting arrangements.



28% of SHFPACT's unfunded clinic consultations are bulk-billed or low-fee services in line with the organisation's own concession eligibility criteria. The annual unfunded value of the provision of low-cost consultations to the organisation is around \$100,000.

The routine and regular flow of patient care delivered in unfunded clinical services is central to SHFPACT's ability to provide high quality, intensive clinical training placements for medical and nursing professionals. These workforce development and clinical training programs are substantially funded and subsidised through financial support from ACT Health.

SHFPACT Clinic continues to be a trusted referral point by general practice, and other primary and specialist healthcare services, to address more complex health needs in our areas of distinctive expertise: contraception, menopause, cervical screening, and other investigations related to important health conditions like pelvic pain and painful sex.

During the initial pandemic response, SHFPACT restricted face-to-face clinic consultations in the period April–May 2020. The clinic team rapidly moved to telephone and telehealth consultations during this time. This shift was facilitated by pandemic response/stimulus funding from ACT Government, and the availability of MBS items for telehealth services that were previously restricted geographically. These items were restricted again in July 2020. SHFPACT, and many other sexual and reproductive health services nationally, advocated strongly at the Commonwealth and State/Territory levels about the access impacts of this decision. SHFPACT is grateful for the strong support of ACT Minister for Health Rachel Stephen-Smith MLA on this matter.

14% of total consultations during the whole year were delivered by telehealth modes, over 50% during the affected period March–June 2020.

2019–2020

SERVICE SUMMARY

CONTINUED

In response to information about potentially restricted access to asymptomatic STI screening as the Canberra Hospital prepared for a possible spike in COVID-19 presentations and GP clinics reported lower sexual health related presentations initially in this time, the SHFPACT clinical team developed a substantially non-contact model for this service to fill the gap.

By the end of May 2020 however, SHFPACT began returning to face-to-face consultations for essential non-deferrable clinical care, under a restricted COVID-safe model that continues into the new financial year.

Unplanned pregnancy counselling

SHFPACT provides the only free, all-options, unbiased pregnancy counselling service in the ACT, to assist women with an unplanned pregnancy by providing information and counselling support. The service can also extend to their partner and other family members, or partner-in-pregnancy.

This service is provided at no cost to clients to reduce barriers to the service and meet the needs of young and/or financially disadvantaged women in this area, and is funded by ACT Health on an availability basis.

36 counselling sessions were provided to **31** women by the unplanned pregnancy counselling service in 2019–20.

SHFPACT has developed health information resources in print and online relating to unplanned pregnancy. These include a Pregnancy Options brochure which provides information for women and their partners facing an unplanned pregnancy, including referral points and contacts; and an Early Pregnancy information handout which provides basic information regarding health in pregnancy, pregnancy care, birth options and referral points and contacts, including relevant health information resources online.



Professional education and training, supporting continuing professional development for the health, education and community services workforce

Beyond direct service delivery activities in clinical services, health education and sexual health promotion, SHFPACT works towards improving the accessibility and quality of services provided to the Canberra community through our significant focus on workforce development.

These activities include:

Medical education: including delivery in the ACT of the nationally-recognised FPAA Certificate in Reproductive & Sexual Health for Doctors course, short courses on Long Acting Reversible Contraception including clinical competency assessment, and a well-regarded cervical screening skills workshop for ANU Medical School students. SHFPACT clinicians also present on key topics within the organisation's specialist expertise for other GP and medical student programs, such as menopause and complex contraceptive management.

Nurse education: including the Well Women's Screening course for registered nurses (focused principally on primary care nurses), clinical attachments and observation placements for RNs building skills in sexual and reproductive health, and an ongoing placement program with the UC Midwifery program.

Teacher education: ACT Teacher Quality Institute (TQI) accredited short courses in sexuality and relationships education for early years, primary school and secondary school. Three newly TQI-accredited programs were offered in 2019-20, as well as specific units from our longstanding Introduction to Sexuality & Health course.

Community sector: SHFPACT offers a range of tailored options for workers in the community services, youth, disability support and allied health sectors to improve the knowledge and skills of workers in the areas of reproductive and sexual health, human sexuality and relationships, and social safety skills.

SoSAFE! Training: SoSAFE! is a visual and conceptual framework promoting social safety and social skills, designed specifically for the learning, communication and cognitive needs of people with moderate-severe intellectual disability and people on the autism spectrum. Training programs in the use of the SoSAFE! Framework are delivered regularly throughout the year to health, education and community services workers, and parents/carers of people with disabilities.

As part of its commitment to support the skilling and professional development of pre-service professionals across the health, education and community services industries, SHFPACT hosts placements for students in undergraduate and postgraduate study programs from a variety of vocational and tertiary education institutions. Students on placement work under the supervision of SHFPACT staff at all times, and have the opportunity to meet course learning goals in a real work context. Student placements are typically engaged on projects or activities that make a real contribution to the work and impact of SHFPACT in the community.

2019–2020

SERVICE SUMMARY

CONTINUED



Schools and community education

This area of our organisation’s service delivery was significantly affected by the pandemic response in 2020. With substantial lead times and significant time commitments by training course participants, many professional education courses were postponed and some were cancelled in 2020, until SHFPACT could be confident of delivering the programs in full.

On a positive note, the pandemic response supported a rapid shift to online modes of delivery for some activities, such as teacher professional learning courses, and delivery of SoSAFE! training to interstate participants. And smaller group sizes for continuing face-to-face activities to be COVID-safe, such as Implanon Insertion Training for doctors, positively affected the quality of the training experience and learning outcomes for participants and trainers.

Despite these challenges:

84 clinicians participated in **31** medical and nursing education activities.

175 people completed the SoSAFE! User Training course.

47 teachers/educators participated in professional learning seminars and accredited training workshops.

31 disability, community sector and allied health professionals participated in professional learning activities.

3 students completed placements at SHFPACT in 2019–20.

And we are pleased to report that demand for all training services delayed during the initial pandemic response remains high as we commence the new financial year.

SHFPACT continues to actively engage with primary and secondary schools to build the capacity of school communities to provide accurate, comprehensive, age and developmentally appropriate relationships and sexual health education.

The roles of parents/carers and teachers in the lives of children and young people are central in this endeavour, and our services are provided to support and enhance these roles, not to replace them. SHFPACT prioritises the delivery of programs in schools to those where an existing program is in place and the use of external facilitators or guest speakers has been well considered. Our delivery of programs directly to students supports our workforce development activities with current, credible and experienced educators providing skills development and content knowledge training to other educators across our education systems.

In the wider community, SHFPACT participates in relevant health promotion and student support and orientation events, both promoting the availability of services at SHFPACT and distributing sexual and reproductive health information.

As with professional education and training activities, this area of SHFPACT’s work was substantially disrupted during the initial pandemic response.

Most schools were focused on their shift to home-based learning modes in Term 1, and then the return to classroom-based learning in Term 2. Most of our in-class education programs were cancelled or postponed during this time. But we have been pleased to see an immediate return to demand in Term 3.

261 parents/carers attended Parent Information Evenings.

1,673 primary school students participated in SHFPACT puberty education programs.

In 2019, **386** secondary college students attended sexual health education presentations as part of the SHLiRP program. In 2020, these were subsequently delivered in a recorded format during the pandemic response period to minimise large student gatherings and visitors to schools. Over **1,000** students received the education session in this format.

And over **500** people participated in other community education workshops.

SHFPACT attended the Disability Employment Expo in August 2020.

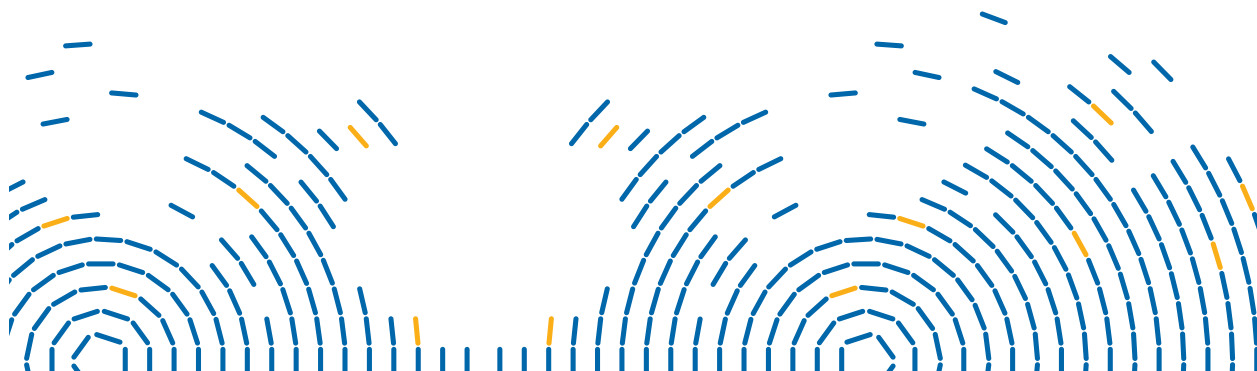
With the support of community partners at LEAD and Meridian (formerly AIDS Action Council), and many local cafes and small businesses across Canberra, another successful National Condom Day event was held in February 2020, distributing more than **5,000** condom packs and roses. Every year this positively anticipated event provides an opportunity discuss safe sex in a light-hearted and engaging way.


Education and counselling for people with disabilities

As in previous years, participant demand for group work programs and individual counselling continues to exceed demand for individual education and counselling services under NDIS arrangements. Continuing changes to the billing rules contained in the pricing guide create a challenging and constantly shifting business environment for NDIS registered providers.

SHFPACT is currently offering four group work programs that include a mixture of group sessions and individual counselling. These are: 'Preparing for Periods' and 'ME and YOU' for young people and their parents; 'Family, Friends and Relationships' which is generally designed for young adults, but can also be delivered for older age groups; and 'Nice to Meet Me' which is tailored for young adults with higher cognitive function and lower support needs.

These group work programs were also significantly affected during the pandemic response. Group work activities were identified quickly as an important, but not acutely urgent need that also carried a high COVID risk if community transmission rates were high. Group programs were ended early in April 2020, and planned groups will not commence again until later in 2020. Alternative individual counselling and education services were offered to all current and prospective clients in the interim. 30 participants were engaged in over 60 occasions of service in 2019-20.





CANBERRA MENOPAUSE CENTRE
MENOPAUSE
AND YOU

FIND OUT HOW MENOPAUSE MAY
AFFECT YOUR LIFE AND WHAT THE
CANBERRA MENOPAUSE CENTRE
CAN DO FOR YOU. CALL 6247 3077

2019–2020

SERVICE SUMMARY

CONTINUED

Advocacy and representation

SHFPACT contributed to the following NGO–Government forums during 2019–20:

ACT Health Advisory Committee on STI/BBV – a cross-sectoral committee drawn from community, NGO and government service providers, and government policy roles covering the sexual health, STI and BBV policy and service delivery area.

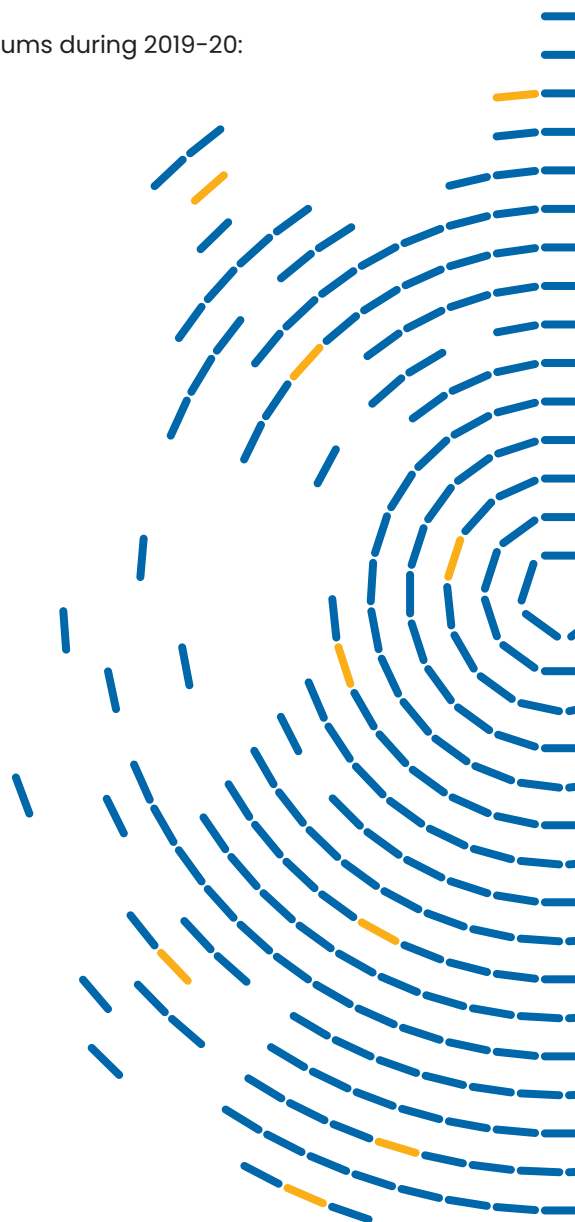
Representing the sexual health and BBV NGO sector on the NGO Leadership Group established by ACT Health in response to the 2018 Cultural Review findings, with the purpose of improving ACT Health’s relationship and communication with its funded NGO sector. This group was instrumental in helping shape early COVID–19 responses and identifying where additional structures were required to continue this work.

SHFPACT staff attended multiple themed workshops during the community consultation phase in the development of the Territory–Wide Health Services Plan by ACT Health.

The LGBTIQ+ Health Scoping Study Reference Group, providing community, service provider and other key stakeholder input on a substantial health needs analysis project within ACT Health.

SHFPACT made a submission to the community consultation on a proposed legislative prohibition on conversion practices. This proposed legislation was a commitment made under the Capital of Equality framework to address harmful, pseudo–scientific practices that purport to change a person’s sexual orientation and/or gender identity.

SHFPACT staff collaborated with other community sector organisations to support a funding bid by Capital Health Network for a care pathways enhancement project to better support people with disability to navigate complex health and support systems.



2019–2020

SERVICE SUMMARY

CONTINUED

In October 2019 SHFPACT made a community submission to the ACT Budget consultation process. We flagged three key issues:

Continuing challenges in the NDIS operating environment and the impact on access to services for Canberrans with disabilities.

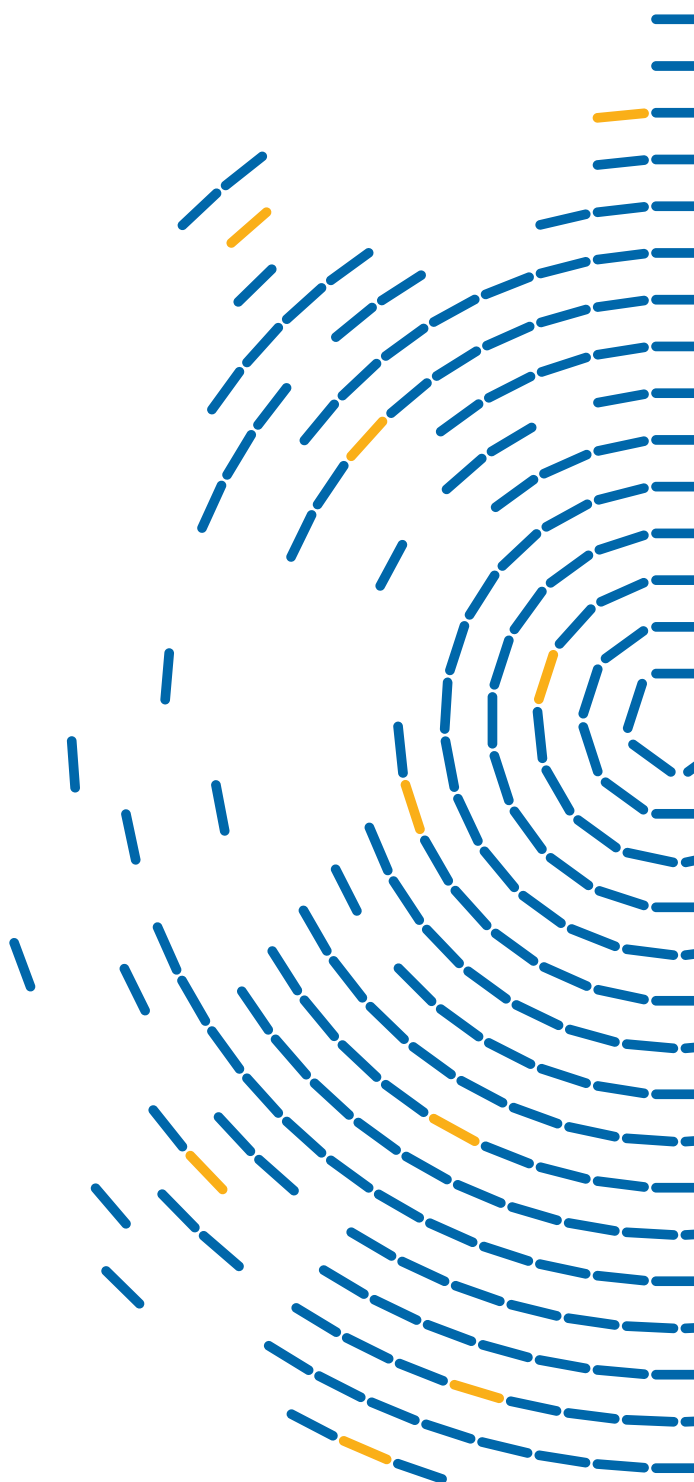
The need for funding to enhance and increase capacity for sexual health promotion and STI/BBV testing with community partners.

Drawing attention to the lack of a robust policy framework for reproductive and sexual health in the ACT.

In early 2020 SHFPACT met with ACT Minister for Health Rachel Stephen-Smith and ACT Chief Health Officer Kerryn Coleman to discuss the budget consultation submission.

The Minister demonstrated her strong awareness of and concern about access for people with disabilities to services that support sexual and reproductive health, sexuality and relationships, and social skills development.

Subsequent work on a budget business case was initially progressed with ACT Health, but delayed by the pandemic response.



COMMUNITY ENGAGEMENT



OUR STAFF

RECEPTION & CLINIC SUPPORT

Emily Carroll
Raylene Foster
Susanne Gardiner
Kylie King (Coordinator Reception & Clinic Support)
Kate King
Laura Mathias
Mandy Mottram
Susan Boden

SEXUAL HEALTH NURSES & UNPLANNED PREGNANCY COUNSELLORS

Anne Carroll (CNC)
Amy Faden
Hilary Freeman (Nurse Education Coordinator)
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EXECUTIVE DIRECTOR

Tim Bavinton

** Staff member departed during year.*

SPECIAL THANKS

Sexual Health and Family Planning ACT would like to extend a special thank you to the following organisations, partners and people.

A Gender Agenda
Association of Parents & Friends of ACT Schools (APFACTS)
Assurance Accounts
Australasian Sexual Health & HIV Nurses Association (ASHHNA)
ACT Education Directorate
ACT Walk In Centres, Canberra Health Services
Australian College of Rural & Remote Medicine
Australian Education Union (ACT)
Australian National University
ANU Respectful Relationships Unit
ANU Students Association
ANU Medical School
Australian Primary Health Nurses Association (APNA)
Australian Research Centre for Sex, Health & Society (ARCSHS)
Canberra Institute of Technology
Canberra Rape Crisis Centre
Canberra Sexual Health Centre, Canberra Health Services
Capital Health Network
Capital Region Community Services (CRCS)
Capital Pathology
CentreRed IT
CIT Students Association
Forensic & Medical Sexual Assault Care, Canberra Hospital
FUSE Magazine
Griffin Legal
headspace Canberra and headspace Queanbeyan
Hepatitis ACT
LEAD
Lithium Innovation Pty Ltd
Meridian (formerly AIDS Action Council of the ACT)
Northside Community Service
Parents & Citizens Council of the ACT
Royal Australasian College of General Practitioners (RACGP)
Society of Australian Sexologists (SAS)
Transformative Solutions (Peter Hyndal)
University of Canberra School of Education
University of Canberra School of Midwifery
UC Medical & Counselling Centre
UC Students' Association
Vincents
Winnunga Nimmityjah Aboriginal Medical Service
Women's Centre for Health Matters
Women's Health Service, Canberra Health Services
Women With Disabilities ACT (WWDACT)

Our members and clients who donated to SHFPACT, and employees of the Commonwealth and ACT Public Services who donated to SHFPACT through payroll deduction schemes, contributing to our continuing ability to improve reproductive and sexual health in the Canberra community.

Presenters from our community partner organisations and community of professional support who contributed to outstanding learning opportunities for participants in our training programs.

Students and staff of ACT schools who supported delivery of sexual health and relationships education programs.

Residents and staff of university residential colleges who facilitated and participated in sexual health promotion outreach activities.

Elected and appointed members of the SHFPACT Council, who voluntarily contribute their time, expertise and wisdom to guide the organisation on behalf of the wider membership.

Members of the ACT Legislative Assembly for continued public advocacy to support all students to be welcome, safe and included in Canberra schools regardless of sexuality, intersex status, or gender identity/presentation, and for sexual health public policy that supports a diverse community.



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