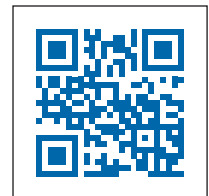




ANNUAL REPORT

2022-2023



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



**SERVING THE CANBERRA
COMMUNITY AND THE REGION
FOR OVER FIFTY YEARS.**

ANNUAL REPORT 2022–2023 CONTENTS

02	Get Involved
03	Our Work
04	Our Goals & Objectives
05	Our Values, Principles & Approach
07	Our Services
08	Council & Executive Report
11	Council
12	Financial Performance
13	2022–2023 Service Summary
21	Safer Girls Safer Women Project Update 2023
26	Advocacy & Representation
28	Cervical Screening
31	Quality Improvement
32	National Condom Day 2023
34	Special Thanks
36	Our Staff

**READ
ONLINE**



GET INVOLVED



ABOUT SHFPACT

Sexual Health and Family Planning ACT (SHFPACT) is a community not-for-profit, non-government, membership-based incorporated association and ATO-endorsed health promotion charity and deductible gift recipient. We have served the Canberra community and the region for over fifty years. There are a range of ways you can engage with us by becoming a Friend or a Member of SHFPACT.

BECOME A FRIEND OF SHFPACT

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

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! Friends of SHFPACT enjoy the same benefits of ordinary membership of the association without the obligations of attendance or voting rights at general meetings.

ASSOCIATION MEMBERSHIP

Association membership is another way to support our work. Membership 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 SHFPACT.

VOLUNTEERS AND STUDENT PLACEMENTS

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.

BECOME A MEMBER OR FRIEND OF SHFPACT AND SUPPORT OUR WORK!



OUR WORK

OUR PURPOSE

We improve sexual and reproductive health for the Canberra community within a framework of human rights, social justice, and prudent financial management for long-term sustainability.

OUR VISION

We are a dynamic, effective and trusted organisation leading and contributing to coordinated responses that support sexual and reproductive health and rights, particularly of priority populations.

OUR PRINCIPLES

We believe that sexual and reproductive rights are human rights related to sexuality, reproduction and relationships, and that the expression of sexuality occurs across the lifespan. We affirm and advocate anti-discrimination principles set out in ACT and Australian laws and international conventions.

OUR IMPACT

We work using a public health and health promotion model to enable increased access to sexual and reproductive health services for all Canberrans with a focus on priority populations through capacity building approaches and working in partnership with others.

We prioritise the following populations to access and achieve 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

Furthermore, we recognise the needs of these priority populations are not uniform and many people may experience multiple forms of disadvantage. SHFPACT addresses sexual health barriers by:

- Consulting with particular communities to identify their needs
- Providing cost-effective, evidence-based programs and services that address identified needs
- Engaging in advocacy
- Building capacity/knowledge and agency
- Collaborating with a variety of agencies

OUR GOALS & OBJECTIVES

1. We will address barriers to and improve sexual and reproductive health and rights status of the Canberra community.
 - a. We will deliver high quality services that support and improve the sexual and reproductive health status and wellbeing for all Canberrans.
 - b. We will make our services known, accessible and used by those who need or benefit from them.
2. We will increase the profile of sexual and reproductive health issues and address barriers to reproductive and sexual health with policymakers, decision makers and the broader community.
 - a. We will collaborate effectively with key partners and build new partnerships to achieve common goals.
 - b. We will demonstrate and share effective models for improving reproductive and sexual health and rights, and address barriers to reproductive and sexual health.
 - c. We will lead responses that support sexual and reproductive health and rights, and influence public policy and systems to improve health outcomes and respect for sexual and reproductive health and rights for individuals, couples, families and communities.
3. We will strengthen our organisational systems, capacity and capabilities.
 - a. We will invest in the staff, facilities, information and communications technology infrastructure required to achieve our goals and mission.
 - b. We will accurately understand our relative strengths and competitive advantage, and plan accordingly.
 - c. We will invest our financial resources to support services, activities and programs that improve reproductive and sexual health and rights in the Canberra community.



OUR VALUES PRINCIPLES & APPROACH

OUR VALUES

- We value person-centred and pro-choice service delivery.
- We value the benefits and challenges that come from our community's diversity, and are committed to learning with and from diverse community members to better advocate for and address their needs.
- 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.

OUR APPROACH

- We work within a health promotion framework that unites the various services and diverse activities undertaken by the organisation in achieving our purpose.
- We work within, and advocate for, a comprehensive definition of sexual and reproductive health consistent with the World Health Organisation's definitions.
- We work using the lens of evidence-based healthcare.
- We work to achieve equitable access to high quality, affordable, relevant and accessible services for priority populations.

OUR PRINCIPLES

- We affirm that sexual and reproductive rights are human rights related to sexuality, reproduction and relationships.
- We affirm that the expression of sexuality occurs across the lifespan, and that sexual and reproductive health needs evolve and change at different stages of life, and in different social and relational contexts.
- We affirm the anti-discrimination principles set out in ACT and Australian laws and international conventions.
- We affirm the need to use capacity building approaches and work in partnership with others.

ANNUAL REPORT 2022-2023

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 • [SHFPACT.ORG.AU/MENOPAUSE](https://shfpact.org.au/menopause)

OUR SERVICES

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 supports people with disabilities through one-to-one and group counselling programs to enhance relationships, sexuality, sexual and reproductive health, and social safety skills and understanding.

PROFESSIONAL DEVELOPMENT

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.

COUNCIL & EXECUTIVE REPORT

The SHFPACT team has not had a moment to catch its breath this year!

SHFPACT works across the nexus of the health, education and community services industries. As a community we were all grateful to be moving beyond the public health demands of the pandemic and beginning to return more confidently to a new normal for services and activities. However, we observed that this last year has been especially challenging for schools and the teaching workforce, hospitals and healthcare services and the medical, nursing and allied health professionals that staff them, and for both support workers/carers and people with disability they support. While much of the rest of the community began to move on, the health risks and workforce shortages continued. And we acknowledge this continuing impact for our key partners in these areas.

The staff team at SHFPACT has grown significantly in the last year, bringing fresh eyes and perspectives to our longstanding work, standing up new programs, services and activities. This provided us the opportunity to reflect on both the challenges and successes of our work promoting sexual and reproductive health and rights in the Canberra community, and to plan for how we continue to respond to unmet and emerging needs.

We welcomed Sarah-Jane Olsen as a new Senior Director, with oversight on quality improvement, and leading new accreditation projects for SHFPACT with the management team.

SHFPACT is pursuing clinical accreditation under the newly released Primary and Community Healthcare Standards by the Australian Commission for Quality & Safety in Health Care, and for non-clinical services under the Australian Service Excellence Standards (ASES). SHFPACT also continues as a registered NDIS services provider.

We were excited to recruit our first group of youth peer educators in the Interface Project. Funded by ACT Health 'Healthy Canberra Grants' program for two years, this project is delivered in collaboration with Hepatitis ACT, and engages youth advocates as peer educators to develop small health promotion projects for sexual health and blood borne viruses (BBV) needs.

The youth peer educators are engaged as casual educators at SHFPACT, participate in a training and development program, participate in health education and community health promotion activities run by SHFPACT, Hepatitis ACT and other partners, and identify key sexual health and BBV issues for Canberra young people. This project also worked with members of the Youth Advisory Council and artist BOHIE on developing health relationships and sexual consent campaign resources and materials.

We also see the project as an opportunity to build the future sexual health promotion workforce, by providing genuine employment opportunities for young people in the industry. Nine youth peer educators joined us in early 2023 for the first year of the project.

We farewelled Dr Jenny Leung from the clinical services team in 2022. Jenny Leung worked for SHFPACT for over 30 years, and in the last 15 years as a senior medical officer with primary responsibility for coordinating SHFPACT's medical education program. Jenny's embrace of grandparenting is as complete and strong as her commitment and dedication to reproductive and sexual health clinical care and primary healthcare workforce development during her time working at SHFPACT.

The clinical leadership team was joined by Drs Martina Mende and Tara Frommer. Martina and Tara bring fresh energy and perspective to this work, and have played a critical part in establishing a new clinical services model for pelvic pain/endometriosis services at SHFPACT, as well as reinvigorating our program of extended skills placement for GP registrars, building a new pipeline of candidates for this position. They join Dr Clare Holberton, Dr Rosa O'Kane, and Manager Clinical Services Anne Carroll in the clinical leadership team.

We welcomed new staff to the Safer Girls Safer Women project, building on the consultancy team who helped initiate the project activity under Senior Director Sheridan Kerr's direction in 2022.

The project has successfully identified project partners across the country to collaborate on SoSAFE! implementation projects, to consult on the development of guidelines that build workplace cultures for safety and relationships, not just harm prevention compliance, and put the voice and experience of people with disability at the heart of the project.

The first symposium in late 2022 was well attended both in person and online. All speakers and presenters at the Symposium were women and girls with disability, and participants provided positive feedback on the event's inclusive practices.

The project Advisory Group has welcomed diverse, intersectional membership to offer advice and reflection on ensuring the voice of women, girls and other people with disability remains central. Across Australia, the project is working on projects that build on SHFPACT's SoSAFE! Framework and address the practices and confidence of the workforce to engage relationally to build a culture of safety. Our project partners reflect a diverse range of professionals, organisations and contexts.

In late 2022, SHFPACT was identified as an obvious candidate as the ACT hub for new Australian Government funding for pelvic pain and endometriosis GP clinics. We were gratified by this acknowledgement by our colleagues in primary healthcare, and worked with Capital Health Network to prepare an ACT submission for the funding.

SHFPACT hosted the national announcement and launch of the new clinics by Assistant Minister for Health Ged Kearney, as one of 21 programs ultimately resourced across Australia. While the models of delivery will vary across Australia, SHFPACT's proposal centres significantly on addressing the systemic gaps and workforce development alongside standing up a new primary care based access point.

COUNCIL & EXECUTIVE REPORT CONT.

We have valued the engagement and support of our colleagues in Canberra Health Services in establishing the project and our new service model, which represents an important evolution of SHFPACT's scope of clinical practice.

Endometriosis and pelvic pain are notoriously poorly responded to, with limited service availability for what is a complex, dynamic and evolving experience that requires multidisciplinary care. We also recognise the opportunity that early health education on period pain and pelvic pain can potentially have on improving health outcomes over the life course for people with pelvic pain.

On the advocacy and public policy front, SHFPACT made submissions and attended hearings for the Australian Senate inquiry into universal access to reproductive healthcare in December 2022, supporting and participating in a nationally coordinated submission by Family Planning Alliance Australia.

This inquiry has triggered important new policy and advocacy engagement across the reproductive and sexual health spectrum. Locally, SHFPACT contributed a submission and provided evidence at hearings of the ACT Legislative Assembly inquiry into abortion and reproductive choice in the ACT. And we participated in the consultation facilitated by Women's Health Matters to enact the funding commitments announced by ACT Government in ACT Budget 2022 to fund abortion access and long-acting reversible contraception for Canberrans.

The complexity of our own organisation's service and business models positions the organisation well to contribute to health system design thinking. SHFPACT continued to contribute to the design and strategise phases of health service commissioning.

The extended process as ACT Health builds its internal capacities to undertake a major reform in the way health needs and services are identified, designed, commissioned and delivered has been taxing.

Due to the narrow policy focus on STI/BBV in the ACT's health policy settings, we have had to maintain a close involvement in these processes to ensure that perverse outcomes do not occur because the organisation's work in a wider sexual and reproductive health and rights framework is misunderstood.

COUNCIL

SHFPACT Council is the governing body of the organisation, its members are elected from the wider membership at Annual General Meetings for two-year terms, or appointed to fill vacancies throughout the year with appointed member terms ending at the subsequent AGM.

Sophie Fisher stepped back as President of the Council in early 2023, and remained a member of the Council. Zyl Hovenga-Wauchope stepped into the role for the remainder of the 2023 financial and calendar years. Continuing/re-elected members were Melissa Hobbs, Bronwyn Clark, Josephine Schumann and Rochelle White.

In early 2023, the Council undertook a recruitment process to fill casual vacancies, a key part of SHFPACT's long-term succession planning approach to Council membership, and this year in anticipation of some longer serving members ending their terms at the 2023 AGM. Five new Council members were successfully appointed through this process: Veronica Williams, Amelia Druhan, Alexandra Grant, Aditi Malhotra and Angelina Inthavong.

In addition to ensuring stable succession in governance, the Council in 2022-2023 has focused on the strategic environment as the organisation continues towards new funding arrangements and opportunities, while managing significant growth after a long period of resource uncertainty.

The Council also turned its attention to the review and update of investment policy guidelines, and the best use of increased cash-at-bank resources as interest rates increase. Council members worked with executive management on refreshing reporting to monitor compliance and communicate the impact of our work.

The Council's Strategic Plan was presented to members at AGM 2019 and due to expire in 2023. Almost immediately, the impacts and uncertainty of the global COVID pandemic and public health response arrived, and as with most nonprofit organisations, the immediate attention of the organisation focused on ensuring the safety, wellbeing and adjusted service delivery for our staff and the community we serve. In early 2023, the Council reviewed, updated and confirmed the strategic directions document as still relevant as the organisation moves through major changes in the ways ACT Government commissions health services, and extended the timeframe of the Strategic Plan for a further two years. During the year the Council reviewed and updated its governance policy document.

COUNCIL MEMBERS 2022-2023

PRESIDENT

Sophie Fisher (to February 2023)
Zyl Hovenga-Wauchope (from February 2023)

VICE PRESIDENT

Melissa Hobbs

SECRETARY

Lucy Mitchell

TREASURER

Josephine Schumann

MEMBER

Bronwyn Clark

MEMBER

Rochelle White

MEMBER

Veronica Williams (from June 2023)

MEMBER

Amelia Druhan (from July 2023)

MEMBER

Alexandra Grant (from July 2023)

MEMBER

Angelina Inthavong (from July 2023)

MEMBER

Aditi Malhotra (from July 2023)

FINANCIAL PERFORMANCE

Members will notice significant increases compared to the prior year in the cash assets and other current liabilities in the balance sheet and cash flow position for the financial year that reflects increased funding streams and income in advance received in financial year 2022 and carried forward to future years, most notably from the payments of SHFPACT's funding contract with Dept of Social Services for the Safer Girls Safer Women project.

Other income in advance from the ACT Healthy Canberra Grants, the first tranche of funds for the Endometriosis & Pelvic Pain GP Clinics (Australian Dept of Health via Capital Health Network), and funds in advance from ACT Community Services Directorate in June 2023 for community-based sexual violence prevention projects also contribute to this difference. Other current assets and current liabilities remained stable on trend with previous years.

SHFPACT ended the financial year with a current ratio of 1.23:1 compared with FY2021 1.35:1. This falls below the financial sustainability target of a current ratio of 2:1, as a result of the carrying balances for project funds in advance carried forward. The relevant funding contracts permit such carrying forward of unexpended funds, and advised last year will continue for at least the next financial year.

In the first full year of the Safer Girls Safer Women Project, SHFPACT's overall grants and contract revenue nearly doubled compared with last year.

SHFPACT's self-generated revenues fluctuated: fees income for unfunded clinical services grew by 5%, where education/training income was generally lower and has not yet recovered to pre-pandemic levels of activity.

The exceptions were interest income, well above trend over the last 10-15 years, but reflecting inflation and cost of living pressures globally, nationally and in the Canberra community, and donations which nearly doubled. We thank our members and donors for their generosity.

In 2023, SHFPACT has returned a small deficit result of \$6,092 (FY2022: surplus \$34,612).

SHFPACT Council approved a budget in June 2023 anticipating a deficit result for financial year 2022-23. The initial budget was approved prior to the finalisation of some additional funding contracts for the following financial year.

On review conducted after the first quarter of the financial year and with those additional funding arrangements confirmed, the anticipated result was updated to a small surplus of \$22,000.

The audit of SHFPACT's financial statements for financial year 2023 was conducted by Bellchambers Barrett. This is the fourth audit conducted by the firm for SHFPACT. The audit finding is an unqualified result.



2022-2023 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.

- 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 2022–23 the SHFPACT Clinic provided **5,182** consultations in total (increase 15% from prior year).

SHFPACT ACCESS CLINIC AND OUR OUTREACH SERVICES

These services are funded by ACT Health and free to the client. At SHFPACT's primary clinic location, these provide access to the full suite of reproductive and sexual health services at no charge, and are accessed primarily by young people and people who experience financial barriers accessing healthcare.

In outreach settings, these services are delivered primarily in partnership with outreach health education and sexual health testing activities such as the Sexual Health Lifestyles & Relationships Program (SHLiRP) with Canberra Sexual Health Centre (Canberra Health Services) to ACT senior secondary colleges, and on-campus residential colleges outreach health promotion and testing events.

In 2022–23, **882** clinic consultations (17% of total clinical services provided by SHFPACT) were directly funded by ACT Health and provided free to the client through the SHFPACT Access Clinic program and clinical outreach services. An additional **935** nursing consultations (18% of total) were subsidised by ACT Health, delivered in conjunction with clinical training placements. These were principally cervical screening and STI screening services.

ACCESSIBLE HEALTHCARE SERVICES

CONCESSION AND BULK-BILLED SERVICES

42% of SHFPACT's unfunded clinic consultations were bulk-billed or low-fee services in line with SHFPACT's own concession eligibility criteria.

The annual unfunded value to SHFPACT for the provision of low-cost consultations is over \$100,000 in reduced revenue. In line with SHFPACT's strategic financial commitments to re-invest in low-cost accessible clinical healthcare, the proportion of bulk-billed and concession fee services has been increasing each year, increasing from 31.5% in 2021-22 to 42% this year.

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.

CONTINUING TELEHEALTH ACCESS

The availability of MBS items for telehealth services items is essential to support community access to sexual and reproductive healthcare. These items had been restricted from July 2020 until July 2021. 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, which was ultimately successful in restoring access. In 2022-23, 319 of clinic consultations were telehealth attendances. There will always need to be a balance between in-person and telehealth services in healthcare. For clients who have difficulty accessing services in-person, and for services that are safely and appropriately provided this way, telehealth provides an effective alternative point of connection.

NEW PELVIC PAIN AND ENDOMETRIOSIS SERVICES

In late 2022, SHFPACT was identified as an obvious candidate as the ACT hub for new Australian Government funding for pelvic pain and endometriosis GP clinics. We were gratified by this acknowledgement by our colleagues in primary healthcare, and worked with Capital Health Network to prepare an ACT submission for the funding.

SHFPACT hosted the national announcement and launch of the new clinics by Assistant Minister for Health Ged Kearney, as one of 21 programs ultimately resourced across Australia. While the models of delivery will vary across Australia, SHFPACT's proposal centres significantly on addressing the systemic gaps and workforce development alongside standing up a new primary care based access point.


We have valued the engagement and support of our colleagues in Canberra Health Services in establishing the project and our new service model, which represents an important evolution of SHFPACT's scope of clinical practice.

Endometriosis and pelvic pain are notoriously poorly responded to, with limited service availability for what is a complex, dynamic and evolving experience that requires multidisciplinary care. We also recognise the opportunity that early health education on period pain and pelvic pain can potentially have on improving health outcomes over the life course for people with pelvic pain. The first consultations at SHFPACT were delivered from late September 2023.

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.



60 counselling sessions were provided by the unplanned pregnancy counselling service in 2022-23.

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 schools educators. In 2023, SHFPACT also provided a professional development seminar on responding to harmful sexual behaviours and building protective environments in the school context.

- ACT Safe & Inclusive Schools (SAIS) Initiative: funded by ACT Education Directorate, the SAIS Initiative provides a free, TQI-accredited course for educators in all ACT schools and education programs. The course content is an introduction to making school communities safe, welcoming and inclusive for everyone with a focus on diversity in sex, gender and sexuality.
- 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.

Professional development courses for the education/schools and community services sectors were affected by the demands on teachers and other school staff to navigate shifts to and from online learning modes, and community service providers focused significantly on their own adjustments of direct services provision in the Canberra community.



220 people attended SoSAFE! Training courses delivered by the SHFPACT team in the ACT. A further **273** people participated in SoSAFE! Training in Australia through the Safer Girls Safer Women project, and **43** in the United Kingdom delivered by our SoSAFE! Training Partner Pyramid UK.

29 doctors and **19** nurses participated in clinical training courses that included competency-assessed clinical placement.

169 medical practitioners and medical students participated in clinical education seminars delivered by SHFPACT doctors.

24 nursing/midwifery students participated in clinical education seminars delivered by SHFPACT nurse educators. **9** midwifery students undertook an observation placement in the SHFPACT clinic.

397 parents/carers attended Parent Information sessions supporting them as first educators of children in sexuality and relationships.

38 parents/carers of young people with disabilities participated in tailored information sessions.

4720 primary school students in Canberra schools participated in health education sessions on puberty.

270 high school students and **130** senior secondary college students participated in health education workshops delivered by SHFPACT.

4258 students in ACT Government senior secondary colleges attended health education presentation in the SHLiRP Program, and a further **1550** students engaged in health information discussions as part of SHLiRP.

477 young people in tertiary education institutions participated in health information and health promotion activities at universities and CIT.

924 people participated in other community education, health information and community events promoting safe sex, healthy relationships, and improving awareness of contraceptive options, sexual and reproductive health checks and screening.

79 teachers attended TQI-accredited training courses in teaching sexuality and relationships education, and **250** participated in TQI-accredited training through the Safe & Inclusive Schools Initiative.

SCHOOLS EDUCATION AND COMMUNITY HEALTH PROMOTION

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.

YOUTH PEER EDUCATORS: THE INTERFACE PROJECT

The Interface Project is funded by ACT Health 'Healthy Canberra Grants' program for two years, and is delivered in collaboration with Hepatitis ACT. The project engages youth advocates as peer educators to develop small health promotion projects for sexual health and blood borne viruses (BBV) needs.

The youth peer educators are engaged as casual educators at SHFPACT, participate in a training and development program, participate in health education and community health promotion activities run by SHFPACT, Hepatitis ACT and other partners, and identify key sexual health and BBV issues for Canberra young people.

This project also worked with members of the Youth Advisory Council and artist BOHIE on developing health relationships and sexual consent campaign resources and materials.

We also see the project as an opportunity to build the future sexual health promotion workforce, by providing genuine employment opportunities for young people in the industry. Nine youth peer educators joined us in early 2023 for the first year of the project.

Youth peer educators worked on:

- Developing and trialling new consent education workshop materials.
- Updating the SHFPACT "Enjoying Sex Safely" health information factsheet.
- Developing new health information factsheets on Herpes and Emergency Contraception.
- Participated and provided peer review feedback on the training courses offered by ACT Safe and Inclusive Schools (SAIS) Initiative.

They attended over 30 community based health promotion activities, including supporting our partners at Hepatitis ACT on World Hepatitis Day events, and joined SHFPACT on National Condom Day distributing condoms and roses across the Canberra community.

ACT SAFE AND INCLUSIVE SCHOOLS (SAIS) INITIATIVE



The Initiative is funded by ACT Education Directorate to provide a range of supports to ACT schools and education program. [saisact.info](https://www.saisact.info)

School staff training has been a critical component of the Initiative's activities since the program began operating in the ACT model in 2018.

Schools engagement with ACT SAIS Initiative was one of the most significantly impacted areas of SHFPACT's work during the public health response to the global pandemic.

In 2022-23, a new extension training program was developed, piloted and accredited with the Teacher Quality Institute (TQI) for continuing professional development points for teachers. It provides a next step for educators who completed Core Training offered by the SAIS Initiative, and engages more deeply with inclusive teaching and learning approaches, and support for students around diversity in sexuality, gender and innate sex characteristics.

In 2022-23, 250 educators and other school staff participated in ACT SAIS Initiative training courses.

Participant feedback for this training is overwhelmingly positive and offers constructive criticism to improve the training course over time.

In 2022-23, 98% of participants strongly agreed or agreed that:

1. The program effectively addressed the nominated Australian Professional Standards for Teachers or Australian Professional Standard for Principals.
2. I gained useful knowledge and understanding through participating in this program.
3. The content of the program was appropriate and valuable for my practice.
4. The program description accurately reflected the content delivered and intended learning outcomes for participants.
5. The program enhanced and/or affirmed my professional practice.

Some feedback from participants in the SAIS Core Training course:

"Excellent program that NEEDS to be offered to all staff here. It would help us have a common language and understanding of big issues so we can more consistently address the needs of our young people. I think delivery in small groups encouraged more open questioning which allowed us to steer parts of the presentation in the direction that we needed."

"This was one of the most valuable PLs as it highlighted so many unknowns in regards to Sexuality and Gender. In such a dynamic society and growing awareness of our LGBTQIA+ community, I found my own perceptions challenged but also how my language is so exclusive of those in the homosexual, bisexual and intersex communities. I would like further PL around the policy writing for more inclusive practices in all schools."

"Safe and Inclusive Schools Core Training is an area that I plan to further develop my knowledge. It is now clear to me that without realising it, many of us, myself included, are perhaps not providing the very best learning environment that is safe and inclusive for all individuals."

The Initiative is particularly proud of its longstanding association with the University of Canberra, and a regular lecture presented to pre-service teachers in the Health and Physical Education stream on gender-inclusive approaches to sport and physical education.

This presentation is also offered to Health and PE teachers already working in the school system.

Funding for SHFPACT's delivery of the ACT SAIS Initiative was extended twice until the end of December 2023. ACT Government has released an open competitive tender for future provision of these services from 2024.

SHFPACT is submitting a collaborative proposal with our colleagues at A Gender Agenda for this program.



THE SAFER GIRLS SAFER WOMEN PROJECT UPDATE 2023

OUR PROJECT VISION

A future where people with disability, inclusive of all identities, experience social and sexual safety everywhere and always.

SUMMARY OF OUR PROJECT

The Safer Girls Safer Women Project (the Project) is led by Sexual Health and Family Planning ACT (SHFPACT) and funded by the Department of Social Services, in alignment with Australia's Disability Strategy 2021-31 (National Strategy) and the National Plan to End Violence against Women and Children 2022-32 (National Plan).

The Project objectives are to increase workforce capability to create and support the social and sexual safety of girls, women and gender diverse people with disability. This three-year funding phase is coming to an end in June 2024.

Our approach has been to:

- Embed lived experience and expertise of women, girls and gender diverse people with disability in everything we do.
- Co-design, implement and evaluate all of our work with women, girls and gender diverse people with disability.
- Ensure our work is underpinned by the feminist human rights model and strengths-based approach.

The Project currently has three interconnected elements. These are:

1. To amplify the voices of women, girls and gender diverse people with disability to co-design all of our initiatives.
2. To develop best practice guidelines for organisations and workers to build approaches that increase social and sexual safety of women, girls and gender diverse people with disability.
3. To extend the reach of the existing SoSAFE! Framework¹ training and to adapt the implementation of SoSAFE! programs for diverse communities and the workforce sectors that support them.

¹ SoSAFE! is a set of visual and conceptual tools to promote social and sexual safety for people of all genders and ages with intellectual disability or on the Autism Spectrum and the people who work with them.

PROJECT ELEMENT 1: AMPLIFYING THE VOICES

Amplifying the voices of women, girls and gender diverse people with disability is central to our Project. All of the Amplifying the Voices activities inform the development of national guidelines that support workplaces to create social and sexual safety for people with disability. We have also embedded our emerging learnings from these activities about how to build social and sexual safety in all of our work.

We have established an Advisory Group of 13 women and gender diverse people with disability who are guiding the Project using co-design principles. We have held a national symposium in 2022 and are hosting another in December 2023, bringing together the disability, education and gender-based violence sectors, and girls, women and gender diverse people with disability, to share understanding of what safety means to them. We have conducted consultations across Australia. This has included one-on-one interviews and focus groups with women, girls and gender diverse people with disability about social and sexual safety, including women with intellectual disability, complex communication needs and those with psychosocial disability. We completed a national survey to hear the views of over 120 women and gender diverse people with disability on social and sexual safety.

We have learned that every conversation about social and sexual safety with people with disability starts with establishing safety. People learn about relationships in relationship with others. We are creating and trialling a wide range of accessible resources to support meaningful conversations about safety with people with disability.

PROJECT ELEMENT 2: BEST PRACTICE GUIDELINES

Our development of national guidelines will assist organisations to create cultures of safety in their workplaces. The purpose of these guidelines is to provide best practice principles for organisations and workers to adopt approaches that increase social and sexual safety of women, girls and gender diverse people with disability.

The guidelines include a practical toolkit to support organisations and workers to build and enable the social and sexual safety for people with disability. The guidelines provide key principles and approaches for sexual health, consent and respectful relationships education.

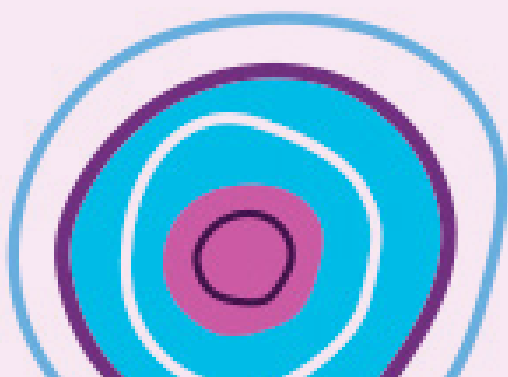
PROJECT ELEMENT 3: SOSAFE! PROFESSIONAL LEARNING

We have improved the SoSAFE! Framework to increase accessibility to diverse groups of people with disability and the workforce sectors who support them. In doing so, we are building an evidence-base around accessible information to create effective social and sexual safety.

As a result, a wide variety of workplaces have implemented this learning since participating in our training. The framework provides the workforce with the tools to talk, to talk earlier and to be explicit about what is making people safe and unsafe, in turn creating safer environments for everyone.

We are implementing more than 13 pilot projects utilising the SoSAFE! training module to better support safety across diverse communities. We are building partnerships and creating implementation guides with organisations and communities across the country, with a focus on our four key Project priority groups of people who are:

- Living in regional, rural and remote areas
- Aboriginal and Torres Strait Islander
- Culturally and Linguistically Diverse
- LGBTIQ+



PROJECT PARTNERS

We have developed a variety of partnerships across the country, with particular focus on our four key priority groups. Our project partners include schools, sporting clubs, behaviour support practitioners, Disability Royal Commission counsellors, family planning organisations and government agencies. Some of our partners include the Australian Training Company (ACT), Aspect (Autism Spectrum Australia) (NSW), FIDA Football League (Victoria), Family Planning Welfare Association NT (NT), Family Planning Tasmania (Tasmania), Kowanyama State School and other remote schools (Queensland)², Sexuality Education Counselling and Consultancy Agency (WA) and Life Without Barriers (National). We have also worked with government agencies such as the Office of the e-Safety Commissioner (National) and the NDIS Quality and Safeguards Commission (National).

² The schools are in Kowanyama, Lockhart, Pormpuraaw, Aurukun and Northern Peninsula Area in Far North Queensland, and Gunbalanya is in West Arnhem Land, Northern Territory.



The Safer Girls Safer Women team promoting sexual and relationship wellbeing at the Relationships and Sexuality in Schools (RSIS) Conference, March 2023.



Speakers and Safer Girls Safer Women team members at the end of the 2022 Symposium in November.

LEARNINGS AND OUTCOMES

The key learnings from our Project are based on contextualising safety in each organisation and community, and so far include:

- That social and sexual safety are built through relationships, respect and listening.
- To talk about consent and sex with people with intellectual disability respectfully, you must first build trust and connection. The conversation begins with safety.
- The views and experiences of women, girls and gender diverse people with disability about social and sexual safety must be heard. This is exemplified by the stories told by people with disability to the Disability Royal Commission.
- There is a need for accessible and appropriate education and information on social and sexual safety for people with disability in many communities across Australia.
- It is essential that communities are provided with the tools to adapt language and materials to convey key messages around social and sexual safety.
- Communities are willing to engage with these issues with appropriate support, tools and resources.

Some of our key project outcomes to date include:

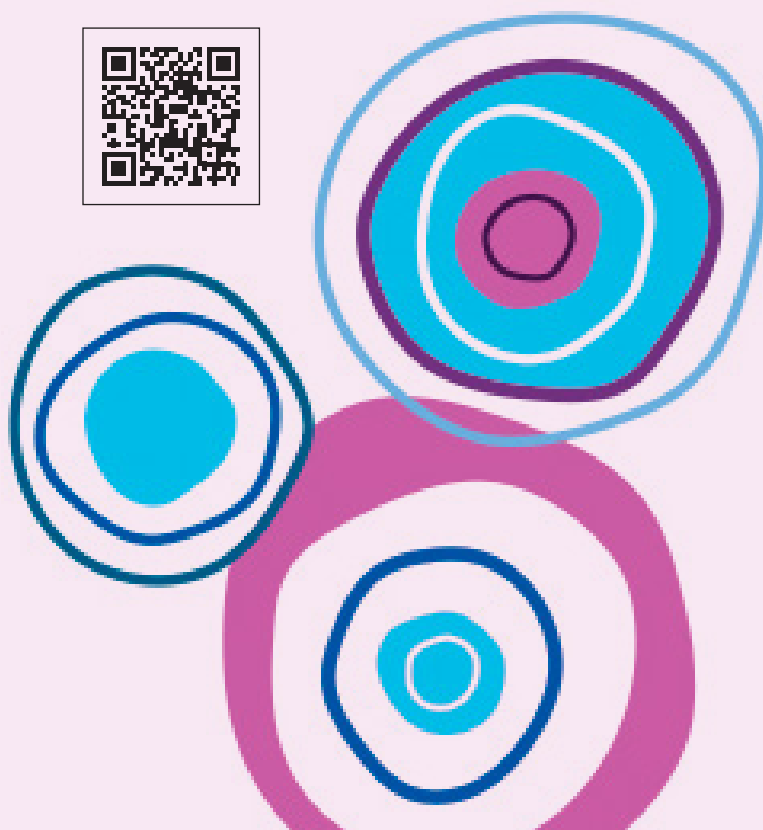
- Listening to people with disability through our various amplifying voices initiatives and embedding lived experience into everything we do.
- Supporting workforces to create cultures of safety through the development of practical tools, resources and frameworks that can be embedded within organisations and across communities.
- Building partnerships across the country through our commitment to listening and learning from organisations as best placed to lead this work in their own communities.

ADDRESSING GOVERNMENT PRIORITIES

The Project aligns with existing Government priorities and reforms, including:

- Australia's National Disability Strategy 2021-31.
- National Plan to End Violence against Women and Children 2022-32.
- Evidence presented and the outcomes and recommendations of the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability.
- The work of the NDIA and the NDIS Quality and Safeguards Commission.
- Safe and Supported: the National Framework for Protecting Australia's Children 2021-31 and the National Principles for Child Safe Organisations.
- The National Children's Mental Health and Wellbeing Strategy.
- Compliance with the Convention Against Torture and Cruel and Inhuman Treatment.
- Relationships and sexuality education content in the Australian curriculum.

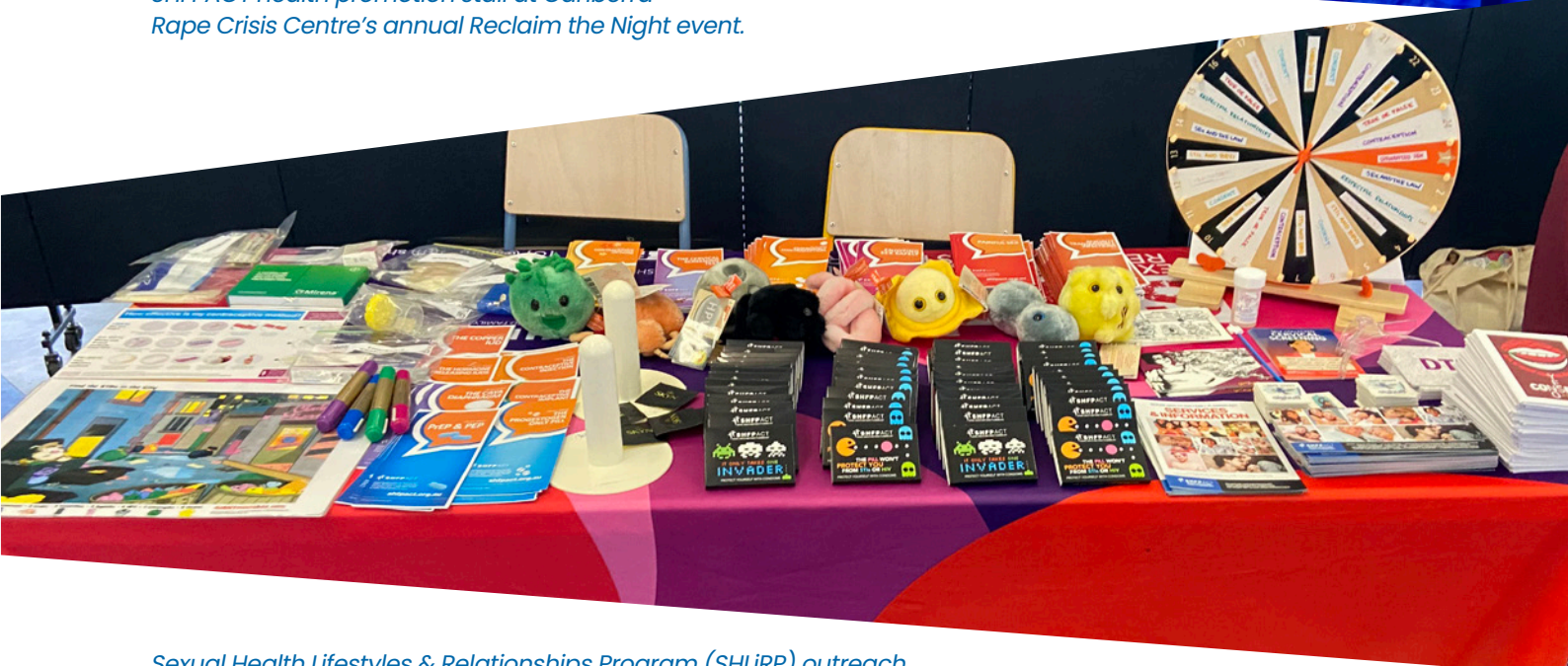
The team are working closely with the Department of Social Services to explore funding opportunities in the future.



SHFPACT OUTREACH



SHFPACT health promotion stall at Canberra Rape Crisis Centre's annual Reclaim the Night event.



Sexual Health Lifestyles & Relationships Program (SHLiRP) outreach stalls are conducted at ACT senior secondary colleges, and on-campus residential colleges outreach health promotion and testing events.

ADVOCACY AND REPRESENTATION

SHFPACT contributes its expertise and perspectives to public policy and advocacy on reproductive and sexual health and rights, sexuality and relationships, and social inclusion through representation on the health and community services bodies, participation in consultative forums and input into policy development with community and government, and media commentary on relevant issues. In 2022-23, SHFPACT staff were actively engaged with:

- ACT Health Directorate relating to the commissioning of health services both in the Primary Healthcare for Young People space and Sexual Health and BBVs.
- The ACT Health NGO Leadership Group, improving communication and engagement between the Health Directorate and the NGO sector.
- Australian Childhood Foundation and Canberra Health Services' Child At Risk Health Unit (CARHU) to work on developing a community of practice with SHFPACT and community providers of out-of-home care services to address harmful sexual behaviours in children and adolescents.
- The Steering Committee established to support development of an ACT Disability Health Strategy.
- Women's Health Matter's facilitated healthcare provider and community stakeholder consultation on improving abortion access and an implementation model for the ACT Government's funding announcement for abortion care.

SUBMISSIONS

- SHFPACT provided input and supported the Family Planning Alliance Australia (FPAA) submission to the Australian Senate Inquiry on universal access to reproductive healthcare in Australia. The FPAA submission and SHFPACT's cover letter were submitted to this Inquiry in December 2022, SHFPACT gave further evidence at a hearing of the Inquiry in February 2023.
- SHFPACT provided a written submission into the ACT Legislative Assembly Standing Committee on Health and Community Wellbeing – Inquiry into abortion and reproductive choice in the ACT. SHFPACT's Executive Director appeared at the Standing Committee's Public Hearing.

MEDIA

SHFPACT provided media comment on issues as diverse as:

- Changes to cervical screening with widening availability of self-collect cervical screening tests.
- Respectful relationships education.
- Workplace sexual harassment training.
- ACT Legislative Assembly inquiry recommendations regarding further community consultation on period product legislation and improved menstruation education in ACT schools.
- Withdrawal from sale by a major retailer of Yumi Stynes' *Welcome to Sex* book.
- Abortion access and the ACT Government's budget announcement funding abortion access for ACT residents.
- Access to healthcare services for pelvic pain and endometriosis.
- Barriers to contraception and reproductive healthcare.
- The Senate Inquiry on universal access to reproductive healthcare in Australia.



IMPACT OVER TIME: CASE STUDY

CERVICAL SCREENING

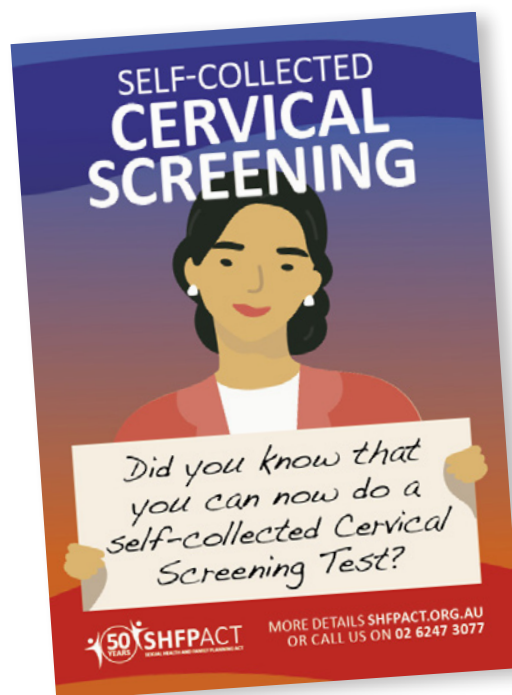
The way SHFPACT has responded to and promoted important changes in medical technology and innovation in healthcare provision, through its direct clinical services, its focus on skilling the health and health promotion workforce, and community education and information services, provides an exemplar of how the edge of our work is always moving in the right direction to achieve our purpose of improving sexual and reproductive health and rights in the Canberra community.

We adapt the scope of our services, our health information and health promotion activities, and our education and training focus to reflect the evidence changing needs, and to position our work to be contributing to the known and emerging issues we are best placed to address.

Cervical screening services have been a core of SHFPACT's clinical services, workforce development activities and health promotion efforts for decades. For a long time, screening services have been delivered substantially by our experienced sexual and reproductive health nurses at SHFPACT, working alongside medical officers who generally focus more on services where people have symptoms.

SHFPACT has a positive reputation in the community for skilled, confident and supportive healthcare. And our training programs over decades share these skills with practice nurses across the Capital region, helping to ensure people get safe, supportive and skilled care for this important cancer prevention screening service.

Cervical cancer affects the cells of the cervix (the lower part of the uterus/womb – located at the top of the vagina). Cervical cancer develops when abnormal changes occur in the cells of the cervix and precancerous lesions develop. These precancerous lesions, if left undetected and untreated, can progress to cancer which can in turn spread into the surrounding tissue.

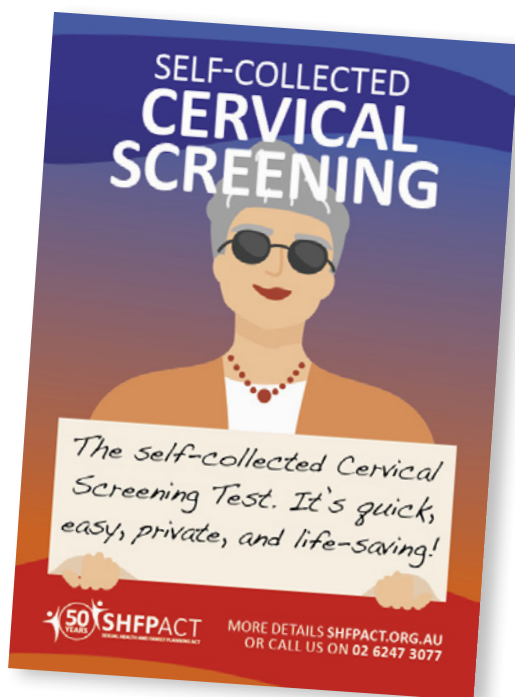


It can take up to 10 to 20 years for cervical cancer to develop. The majority (over 99.7%) of cervical cancer is caused by cancer causing strains of the human papilloma virus (HPV). HPV is a large group of viruses which infect humans.

Since the introduction of the National Cervical Screening Program in 1991, cervical cancer mortality rates have halved in Australia. Cervical cancer is one of the most preventable and treatable forms of cancer. While Australia has had a highly effective cervical screening program which has reduced the incidence of cervical cancer significantly since its inception, participation has remained relatively unchanged over time.

Just over 6 in 10 people in the eligible target age group currently participate in the National Cervical Screening Program. The participation rate in the ACT was 70.9% in the period 2018-2022, reflecting an increase in the first cycle following introduction of new cervical screening guidelines in 2017.

Higher participation in cervical screening is directly correlated with reduced incidence and mortality from cervical cancer by detecting precancerous abnormalities that can be treated before any progression to cervical cancer occurs.



Rates of cervical cancer are significantly higher in people who have never screened or who are under screened (under screened or lapsed screeners are identified as those who are over two years overdue for their routine screening). At least 72% of people who develop cervical cancer are known to be under screened or never screened.

Australian research led to the creation of HPV vaccines against four and now nine of the human papilloma virus (HPV) variants most commonly linked with cervical and other cancers.

Most Australian young people receive this vaccination as part of the early high school years immunisation program. From 2006 when the vaccine was first rolled out in Australia, the SHFPACT clinic was a key local provider in the 'catch-up' program that offered free vaccination to young people with a cervix up to the age of 26.

IMMUNISATION RATES IN AUSTRALIA ARE GLOBALLY RESPECTABLE, AT AROUND 80% (LOWER FOR FIRST NATIONS ADOLESCENTS), AND SLIGHTLY ABOVE THE NATIONAL AVERAGE IN THE ACT AT 86% FOR FEMALES (80.8% INDIGENOUS) AND 80% FOR MALES (62.7% INDIGENOUS).

The introduction of HPV immunisation led directly a decade later to changes in our cervical screening guidelines. Between 1991–2017, cervical screening involved a test of pre-cancerous changes to cells collected from the cervix every two years, commonly referred to as a pap smear. Since 2017, cervical screening involves a test for the presence of human papilloma virus (HPV). This occurs much earlier in the aetiology of cervical cancer, allowing the testing interval to be safely increased to five years.

SHFPACT played an important role in the Canberra region raising health awareness and supporting primary healthcare providers to understand the significant changes in the Australian guidelines for cervical screening in 2017. Challenges in establishing new national registers and a couple of delays in the start of the new guidelines meant investment in public health education about the changes was slow, leaving family planning organisations and women's health advocacy groups across Australia filling the critical role of reassuring the public that the increased testing interval was, in fact, safer than the previous approach.

Australia's immunisation and screening participation rates are a positive reflection of health system effort for the overall health of Australia's population, but also reveal where there is still significant important work to do.

Not least, we see that vaccination reach for Aboriginal and Torres Strait Islander people still falls below, and this is one specific example of our need to maintain focus on closing the gap in health disadvantage and outcomes. We also have a very strong picture of the diversity of people who are unscreened and under screened, and at greatest risk of developing cervical cancer as a result.

We know, for example, that barriers to healthcare arising from social determinants of health are significant in this group. That prior experiences of intimate partners and sexual violence and other forms of trauma, including medical trauma, limit health service access.

We know that people who are gender diverse, who have differences in innate sex characteristics, and those who have had poor experiences attempting to engage in the health system previously are less likely to participate in cervical screening.

The game changer comes from another innovation in the Australian guidelines for cervical screening commenced in July 2022 – self-collect cervical screening tests becoming funded through Medicare for a much wider range of people in the community. This represents a major opportunity to lift our participation rates and continue to drive down incidence and mortality from cervical cancer.

Self-collect still involves interaction with a healthcare professional but allows the option for people to collect their own sample rather than have the doctor or nurse take the sample. This allows for cervical screening to be conducted in a much wider range of community locations, similar to outreach STI testing. This addresses a range of barriers for people to get to clinical care and allows for more opportunistic screening.

The involvement of and discussion with a healthcare worker also means correct information on taking the sample, and what will happen with the results, can be provided. Most significantly, it reduces one of the main barriers for many under screened people – another person doing physical examination and collection of pathology samples.

SHFPACT was ready for the new changes the moment they started. We had health promotion materials distributed into the community, and the clinical training team ran a webinar for health professionals that was attended by people across the country as well as from healthcare services here in Canberra.

IN THE FIRST YEAR OF THE NEW SELF-COLLECT OPTION, SHFPACT ALONE PROVIDED 31% OF ALL THE SELF-COLLECT CERVICAL SCREENING TESTS IN THE ACT PROCESSED BY OUR PATHOLOGY PROVIDER (AND 88% IN THE FIRST MONTH!).

As we look ahead, if we maintain and improve our immunisation and cervical screening participation rates, Australia is one of a few countries globally that is on track to see the elimination of cervical cancer as a public health concern by 2035. This won't mean zero cervical cancer diagnoses ever, but it will see a reduction in the rate that will see it categorised as a rare cancer, with associated mortality falling below 1 in 100,000 population (currently estimated at 6 in 100,000). A global strategy to accelerate the elimination of cervical cancer was launched by the World Health Organisation in 2020. The *Conquering Cancer Campaign* is a global communications initiative to support all efforts to reduce cervical cancer worldwide.



Easy
Quick
Private
Life Saving!



Conquering
Cancer
Campaign

SELF-COLLECTED CERVICAL SCREENING

Quick Easy Private Life Saving

50 YEARS SHFPACT
SEXUAL HEALTH AND FAMILY PLANNING ACT

MORE DETAILS [SHFPACT.ORG.AU](https://shfpact.org.au) OR CALL US ON 02 6247 3077

SHFPACT

QUALITY IMPROVEMENT

SHFPACT staff use feedback data and professional reflective practice to review and update service activities and programs constantly. This is especially important in our education and training work. Accreditation and compliance monitoring against standards frameworks are also important ways the organisation continuously reviews and improves its processes and practices.

The SHFPACT Strategic Plan also commits the organisation to investing in the facilities and infrastructure needed to meet our strategic objectives and provide high quality services.

In 2022-23, quality improvement activities included:

- Student feedback/evaluation data in review and update of primary school health education programs was collected and used to review and develop new teaching/learning activities in our schools education program.
- Participant feedback on clinical attachment for the Well Women's Screening course, the FPAA Certificate in Reproductive & Sexual Health for Doctors, and long-acting reversible contraception courses was used to update content and reapply for continuing professional development accreditation.
- An upgrade program for organisational information and communications technology and records management systems.
- Facilities and infrastructure upgrades deferred during the restrictions under pandemic response were progressed in this period to enhance the amenity of SHFPACT's primary operating location, including carpet replacement and painting.
- Planning and preparation commenced for external accreditation both for clinical and non-clinical services. SHFPACT is pursuing accreditation under:
 - National Safety and Quality Primary and Community Healthcare Standards for clinical services;
 - Australian Service Excellence Standards for non-clinical services.

- SHFPACT is a registered provider of supports under the National Disability Insurance Scheme. The mid-term review audit in our current registration cycle was successfully completed in September 2023. NDIS provider registration has impacts across the organisation's work with people with disabilities specifically, and quality assurance processes more generally. In this period these activities included:
 - Review and update of feedback mechanisms and policies for participants;
 - Development of a suite of external facing Easy English policies for participants of our NDIS services;
 - Development of new feedback tools and online access to information about rights and responsibilities for service users/participants.
- The participation and feedback from our newly recruited youth peer educators helped review and update more engaging health information activities and approaches used at our health information stalls in schools and at community events.
- A review of cervical screening activity at SHFPACT clinic following the introduction of new guidelines and increased access to the self-collect cervical screening test.



Catch them in the ACT!

NATIONAL CONDOM DAY 2023



SPECIAL THANKS

Sexual Health and Family Planning ACT would like to extend a special thank you to the following organisations, partners and people who contribute to, amplify, enable and support our work and impact in the Canberra community.

A Gender Agenda

Association of Parents & Friends of ACT Schools (APFACTS)

Assurance Accounts

Australasian Sexual Health & HIV Nurses Association (ASHHNA)

ACT Community Services Directorate

ACT Council of Social Service (ACTCOSS)

ACT Education Directorate

ACT Health Directorate

ACT Office of the Coordinator-General for the Prevention of Family, Domestic & Sexual Violence

ACT Office of LGBTIQ+ Affairs

ACT Teacher Quality Institute (TQI)

ACT Walk In Centres, Canberra Health Services

ACT Youth Advisory Council

Alopex Consulting (Jenni Atkinson)

Australian College of Rural & Remote Medicine

Australian Education Union (ACT)

Australian Government Dept of Social Services

Australian National University

ANU Medical School

ANU Students Association

Australian Primary Health Nurses Association (APHNA)

Australian Research Centre for Sex, Health & Society (ARCSHS), La Trobe University

Bellchambers Barrett

Canberra Health Services

Canberra Institute of Technology

Canberra Rape Crisis Centre

Canberra Sexual Health Centre, Canberra Health Services

Capital Health Network

Capital Pathology

CentreRed IT

Children by Choice

CIT Students Association



Community Audits Australia
Copyqik
FUSE Magazine
Griffin Legal
Gugan Gulwan Aboriginal Health Service
Hepatitis ACT
Intersex Human Rights Australia (IHRA)
LEAD
Lithium Innovation Pty Ltd
Meridian
National Disability Services
Northside Community Service
Parents & Citizens Council of the ACT
Relationships Australia Canberra & Region
Relationships & Sexuality Education Alliance
Royal Australasian College of General Practitioners (RACGP)
Society of Australian Sexologists (SAS)
The Junction Youth Health Service, Anglicare
The STOP Campaign
Touching Base Inc
University of Canberra School of Education
University of Canberra School of Midwifery
UC Medical & Counselling Centre
UC Students' Association
Winnunga Nimmityjah Aboriginal Medical Service
Women With Disabilities ACT (WWDACT)
Women's Health Matters
Women's Health Service, Canberra Health Services
Youth Coalition of the ACT

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 and sexual health promotion activities.

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

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

SHFPACT's SoSAFE! Training Partners: Family Planning Tasmania, SHQ (Western Australia), and Pyramid Education Consultants UK.

Project Partners in the Safer Women Safer Girls Project funded by Dept of Social Service: Family Planning Tasmania, SAL Consultants NT, Family Planning NT, SECCA (WA), SHQ (WA), Aspect (NSW), ATC (ACT), Darwin Youth Services, FIDA (Victoria), Kowanyama School (Qld), Relationships Australia Canberra & Region, and Wildfire Wellbeing (NT).

Our sister family planning organisations and members of the Family Planning Alliance Australia (FPAA) in Australia: SHINE SA, SHQ, FPWNT, True, FPNSW, SHV, FPT; and internationally through the International Planned Parenthood Federation (IPPF).

OUR STAFF

RECEPTION AND CLINIC SUPPORT

- Nicolas Gardiner
- Susanne Gardiner
- Tegan Higginson
- Kylie King
Coordinator
Reception and Clinic Support
- Kate King
- Laura Mathias
- Mandy Mottram
- Carolyn Paris
- Abby Walsh

SEXUAL HEALTH NURSES

- Anne Carroll
Clinic Nurse Consultant
- Amy Faden
- Hilary Freeman
Nurse Education Coordinator
- Victoria Kilpatrick
- Angela Knight
- Libby McCutchan
- Fiona McKenna
- Tammy Souquet

MEDICAL OFFICERS

- Tracey Baker
- Jill Bestic
- Danielle Butler
- Tara Frommer
Senior Medical Officer
- Heidi He
- Ellen Hinch
- Clare Holberton
Senior Medical Officer
- Yoo-Mi Kim
- Jenny Leung *
Senior Medical Officer
Medical Education Coordinator
- Martina Mende
Senior Medical Officer
- Nicola Murphy
- Rosa O’Kane
Senior Medical Officer

EDUCATION, HEALTH PROMOTION AND TRAINING

- Cate Barclay *
Community Education and Health Promotion Officer – Disability Inclusion
- Cheneae Doust
Community Education and Health Promotion Officer, Health Promotion Project Coordinator
- Gabriel Filpi
Safe and Inclusive Schools Initiative Project Officer, Community Education and Health Promotion Officer
- Peter Hyndal
Community Education and Health Promotion Officer
- Angela Rule
Counsellor, Schools and Professional Education Coordinator, Community Education and Health Promotion Officer, Manager
- Aga Włodarczyk
Counsellor, Disability Services Coordinator, Community Education and Health Promotion Officer, Manager

SAFER GIRLS SAFER WOMEN PROJECT TEAM

- Sue Gore Phillips
Program Manager
- Millie Hayes
Communications

The Safer Girls Safer Women team acknowledges the work and support of project consultants: Danielle Dal Cortivo, Mel Harrison and James McDougall as important contributors to progressing the work of the project.

YOUTH PEER EDUCATORS

- James Barancewicz
- Fin Buffinton
- Lottie Frohmader
- Ebe Gannon
- Dean Hodge
- Cole Johnson
- Bridie Laycock-Kelly
- Gisele Li
- Deimeon Spilka

BUSINESS SERVICES, FINANCE AND ADMINISTRATION

- Leanne Blewitt
Manager
Business Services Unit
- Emily Koivisto

MARKETING AND COMMUNICATIONS

- Alexander Thatcher

SENIOR DIRECTORS

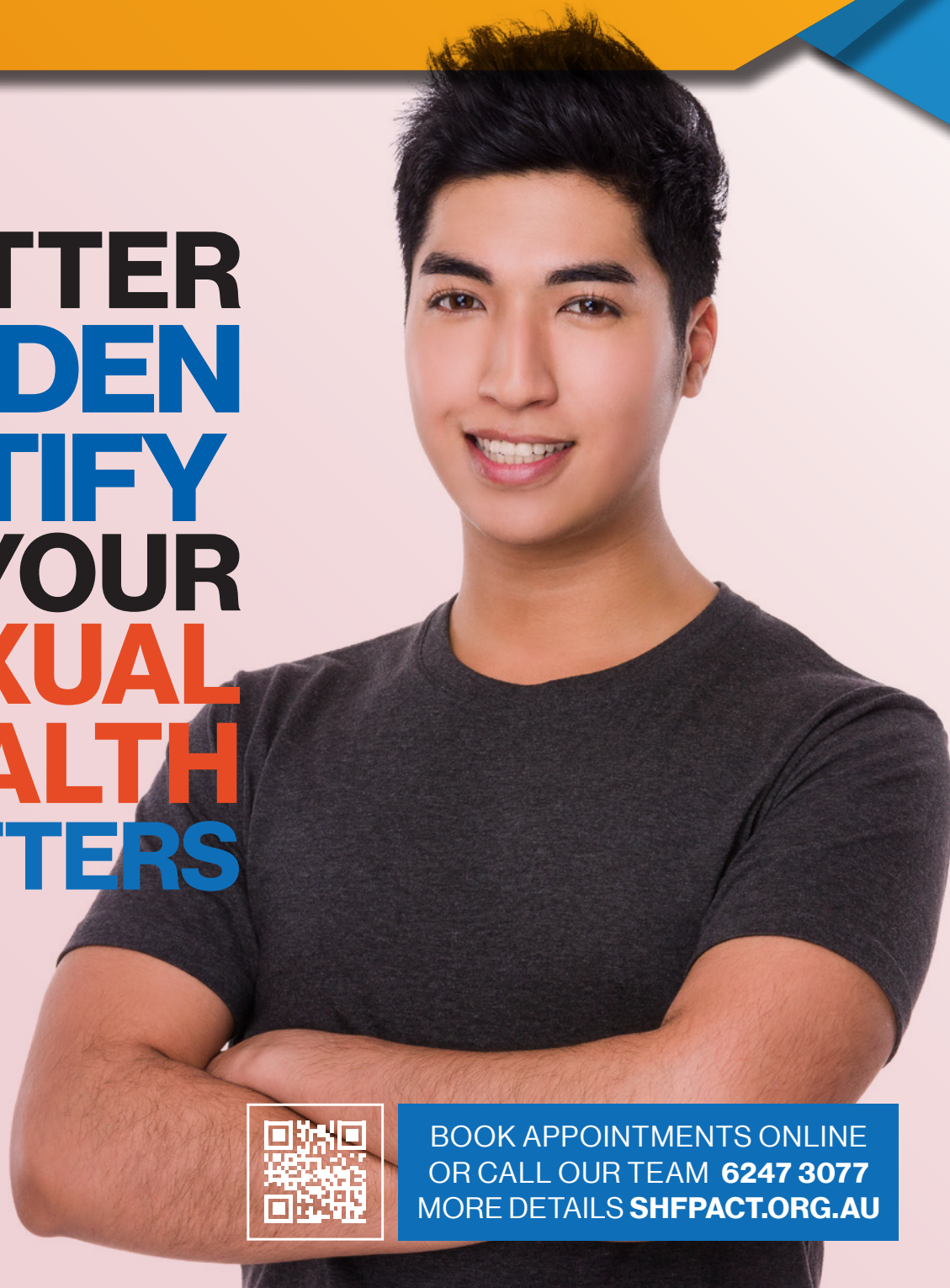
- Sheridan Kerr
- Sarah-Jane Olsen

EXECUTIVE DIRECTOR

- Tim Bavinton

** Staff member departed during year.*

NO MATTER WHO IDENTIFY YOUR SEXUAL HEALTH MATTERS



BOOK APPOINTMENTS ONLINE
OR CALL OUR TEAM **6247 3077**
MORE DETAILS **SHFPACT.ORG.AU**

- STI testing, treatment and advice
- HIV and blood borne virus testing
- Cervical Screening
- Breast checks and breast awareness education
- Contraception including IUDs and other long acting options

- Canberra Menopause Centre
- Sexual & reproductive health services
- Services for people with disabilities
- Fertility issues and pre-conception advice
- Emergency contraception / Morning After Pill



The SHFPACT clinic is located at **Level 1, 28 University Ave, Canberra City**. We offer an all inclusive, holistic, confidential and respectful service. Call **02 6247 3077** for more details or to make appointment. Visit us online at **shfpact.org.au**

SHFPACT is a health promotion charity (HPC) assisted with funding from the ACT Government.



SEXUAL HEALTH AND FAMILY PLANNING ACT

ADDRESS

Level 1, 28 University Avenue, Canberra ACT 2601

MAIL

GPO Box 1317, Canberra ACT 2601

TELEPHONE

02 6247 3077

FAX

02 6257 5710

EMAIL

shfpact@shfpact.org.au

WEB

shfpact.org.au

ISSUU

issuu/shfpact

FACEBOOK

facebook.com/shfpact

TWITTER

twitter/shfpact

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