

Youth Health e-Bulletin

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Dear Sir or Madam,

Please find below the August 2013 Youth Health e-Bulletin from NHS Health Scotland.

Due to issues with Outlook I am afraid that I cannot attach a PDF version of the bulletin as normal.

Should you wish a copy via PDF please email the Youth Health Network (address above or at bottom of page) and I will arrange to send you one.

Kind regards,

Ruairi O'Brien
Youth Health Improvement

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NEWS

• 1. Health for the World's Adolescents

The World Health Organisation is working on a report for 2014 on the 'Health for the World's Adolescents'. It will focus on the causes of health and disease among 10-19 year olds and how their health needs are being met. The report will cover a number of topics including:

- Nutrition and exercise
- Violence and injury
- Mental health and illness
- Sexual and reproductive health
- Accessibility of health services
- Tobacco use
- Alcohol and drug use

- Policies and services for health promotion and protection
- Young people as assets for health.

Young people are strongly encouraged to submit their thoughts, photos and stories and there's a survey for health care providers working in primary care. Submissions can be made up to **1 October 2013**.

Further information, and how to take part in the surveys, can be accessed through the WHO website using the link below:

[Health for the world's adolescents](#)

• 2. POPYRUS in Scotland

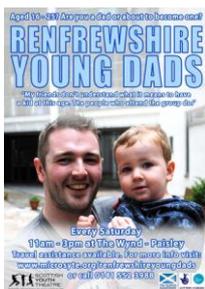
PAPYRUS are the UK's national charity dedicated to the prevention of young suicide (*up to 35 years of age*). They are a membership organisation; with many of their members having been bereaved by a young suicide. PAPYRUS wish for others not to have to go through what they experienced and are united in a belief that many young suicides are preventable.

PAPYRUS offer a range of services from providing training (ASIST and suicideTALK) as well as bespoke packages for schools, colleges and universities and run a national free-phone advice line called HOPELineUK (0800 068 41 41) which was originally set up for parents who were worried about a young person who may be having thoughts of suicide. We now attract thousands of calls annually (plus texts and emails) from young people who are having thoughts of suicide as well as from those concerned about them.

PAPYRUS are particularly keen to increase new members in the various Scottish regions. It is the voice of our members that gives us our mandate at national level. We want particularly to highlight and encourage **the unique contribution to young suicide prevention that is and can be made by parents, family members and friends of young people**.

For further information please visit the [PAPYRUS website](#)

3. Renfrewshire Young Dads



Renfrewshire Young Dads is an organisation open to anyone who is a young father or a young father to be. Although based in Renfrewshire the organisation wishes to extend its service to any young dads (aged 16 – 25) who can feasibly make the journey to Paisley (travel assistance is available). The service offers a unique experience of supporting young dads in this difficult step towards parenthood by offering advice, support, bonding activities and fun from those with similar experiences. A crèche service is available on site and young fathers are encouraged to bring their little ones along.

The organisation is also **seeking professionals within the health improvement sector** to make contact with them to allow a full and comprehensive service to be offered to those young dads accessing the support. This offers a real opportunity to have access to and support what is traditionally considered a hardly reached group.

The group meet on a drop in basis **Saturdays 11am to 3pm at [The Wynd – Paisley](#)**.

For further information on the service please contact:

Joanne Marr

Email: Joanne@scottishyouththeatre.org

Tele: 0141 552 3988

<http://microsyte.org/renfrewshireyoungdads/>

- **4. Be Healthy film launched**

A short film produced by the young people who took part in the AYPH Be Healthy project is receiving great reviews. The film highlights some of the health and wellbeing issues faced by young people affected by sexual exploitation. It was released at a celebration event for Be Healthy, at which Deputy Children's Commissioner Sue Berelowitz presented achievement awards and praised the young people's work.

The film and an accompanying booklet for young people, and all professionals working with sexually exploited young people, can be viewed at the new [Be Healthy website](#) .

- **5. Cabinet Secretary for Justice marks £1.5m CashBack for Communities Small Grants Scheme for Youth Groups**

Cabinet Secretary for Justice, Kenny MacAskill, MSP marked the 2013 – 2016 round of the [CashBack for Communities Small Grants Scheme](#) in Edinburgh at an event hosted by Youth Scotland.

To-date, the scheme has distributed over £ 640,000 to over 664 groups, units and organisations around Scotland.

Now in its third year, the CashBack for Communities Small Grants Scheme aims to support local volunteer led youth groups or units who may no previously have had access to external funding to enhance their programmes for young people and get positive projects off the ground.

The Cabinet Secretary said: “The Small Grants Scheme is improving the lives of young people right across Scotland and I am delighted to announce this latest round of funding.

"This money is undoubtedly being put to excellent use by the respective organisations, and it is fantastic to see the hard work that has gone into the rewarding initiatives.

“CashBack for Communities is a unique initiative that takes money from those who indulge in criminal activity and puts it back into the community to help young people at risk of turning to crime.

“Since 2007, this Government has invested more than £50m in CashBack for Communities and is committed to continue to expand the hugely successful programme in the future.”

The next deadline for applications is the 1st September.

PUBLICATIONS AND RESOURCES

- **6. Key Data on Adolescence 2013**

The Association for Young People's Health is pleased to announce the release of the Key Data on Adolescence 2013 publication. KDA is published every two years by the Association for Young People's Health and is supported by Public Health England. It provides vital information for commissioners, researchers and policy-makers.

The publication includes all the latest statistics on young people's health, education, employment and demographics and examines trends over time.

The publication can be accessed and downloaded free by [clicking here](#).

- **7. The Corner - ‘Pose, Sext – What Happens Next?’ Campaign Research Findings**

The Corner Health, Information and Peer-Led Services, based in Dundee launched the 'Pose, Sext – What Happens Next?' campaign in September 2012.

Over the last year the phenomenon of sexting has become more prominent both in national media, and anecdotally amongst staff working with young people. A total of 206 young people using The Corner's services completed the questionnaire, with 41% stating that they or a friend had been affected by sexting.

The research results are available on request from shelleymcbride@nhs.net

- **8. Type 1 diabetes resource - made by Young People for Young People**



JUST DUK 1T

A website for young people living with T1 diabetes

Mission statement

This is a site created by young people with Type 1 diabetes for young people with T1. It's not just about providing facts but connecting young people with T1 across Scotland, helping them to take control of their T1.

Aim

We aim to inspire and encourage young people to access every opportunity and overcome any barriers we may face due to our T1. We hope this site will provide them with the information they need or can direct them to the right information - either with the weird and wonderful or the everyday!

Origins

As a charity, Diabetes UK Scotland is committed to involving people living with diabetes. Kwik Fit Insurance Services selected Diabetes UK Scotland as their charity of the year.

Diabetes UK Scotland have used this funding to develop their approach to working with Young People with Type 1 diabetes as these individuals are often best placed to inform the decisions that affect their lives. The overall aim of this project is to ensure young people have optimal knowledge of their condition, build confidence in dealing with their diabetes, and have the necessary skills and information to self-manage; whilst engaging in the activities and challenges any young person faces.

This was a chance for Young People to lead a project, work with and meet others; for them to voice what's important and to say what support is needed, they have been central to every element of this project and have been supported and encouraged to develop the involvement of additional young people enabling them to have a united voice on the important topics.

In addition the launch date for the online resource **JUST DUK 1T** is on the **13:00-15:00 - 7th September**, The Lighthouse, Glasgow.

For further information please contact:

Laura Sharpe
Project Development Coordinator for Young People (Scotland)

Laura.sharpe@diabetes.org.uk

- **9. Hepatitis C Awareness DVD**

LANDED have created a DVD that talks about Hepatitis C, dispel the myths, and works towards reducing the spread of infection in Scotland. Created and produced by [LANDED](#) the DVD is a great tool aimed at young people that challenges the stigma around people who live with Hepatitis C. Packed with facilitators notes and linked to Curriculum for Excellence, the DVD should make for easy facilitation. Adopting a fun and frank approach and combining drama scenes with animations encourages young people to be more aware of the important and growing health concern that is Hepatitis C.

If you feel the DVD could be of use to your group, or for more information, please contact:

Chloe Mulvey
BBV and Sexual Health Development Officer

Tel: 01698 269872.

- **10. Young people and alcohol: scoping approaches to prevent or reduce harm**

There is currently thought to be a wide range of education and prevention activity being undertaken nationally to prevent or reduce harm to young people from alcohol. This is against a backdrop of concerns that young people often see alcohol consumption as an integral part of growing up and a normal progression into adulthood.

This scoping exercise is intended to provide an overview of the approaches and initiatives being delivered to young people across Scotland and to capture a picture of broad health behaviour development initiatives which potentially support them to make informed decisions about alcohol.

Information was gathered from practitioners in the NHS, Alcohol and Drug Partnerships (ADPs), statutory services and third sector organisations and is primarily intended to inform NHS Health Scotland programme planning, resource development and partnership working

To access a copy of the report please use the link below:

<http://www.healthscotland.com/documents/21627.aspx>

- **11. NHS Health Scotland Resources: Young People**

Cool Heads: Stress Essentials is a booklet given to young people (12-16 year olds) experiencing issues such as peer pressure, relationship issues, exam pressure, feeling lonely, cyber-bullying or self-harm. It explains the most common reasons for experiencing these types of stresses and offers practical ways to tackle the problems when things get tough as well as where to go for help.

You can find the full guide here: www.healthscotland.com/documents/1485.aspx

For more information, please contact:

Emma Lyon
Mental Health Improvement Programme Officer

emma.lyon@nhs.net

Tel: 0131 313 7515.

Knowledge Services:

The Children and Young People current awareness bulletin for August is available on the below link:

<http://www.healthscotland.com/documents/21918.aspx>

The Mental Health and Wellbeing current awareness bulletin for August is now available on the below link:

<http://www.healthscotland.com/documents/21919.aspx>

The majority of the articles are available from the publishers' websites via the Knowledge Network. Log in with your Athens User Name and password to access full text articles.

If you need any help in obtaining the full-text of any articles then please contact Knowledge Services.

If you have any questions or comments relating to this alert, please don't hesitate to get in touch.

Email: nhs.healthscotland-knowledge@nhs.net

Tel: 0141 414 2762

Additional Resources Youth Health Resources from Health Scotland:

NHS Health Scotland has a number of additional resources relating to Young People. A list of these resources is provided below:

- Walk the Talk We Keep it Zipped Poster
- Walk the Talk We Keep it Zipped Cards
- Completed LAAC Folders New
- Walk the Talk DVD
- Walk the Talk 7 Step Leaflet
- Walk the Talk Tip Cards

To obtain copies of these resources contact Health Scotland publications on the details below:

E-mail: nhs.healthscotland-publications@nhs.net

TRAINING

- **12. First Aid for teenagers that helps them keep their ‘cool’**

This month the NHS Health Scotland Mental Health Improvement Team sees the launch of a new exciting training resource aimed at helping young people aged 11-17. ***Scotland’s Mental Health First Aid – Young People.***

Scotland’s Mental Health First Aid – Young People offers both a 3 day Trainer for Trainer course as well as a 14-hour blended course supporting young people to recognise mental health problems such as risk factors or warning signs and giving the initial first stage help in the journey to recovery.

It aims to:

- Preserve life
- To provide help to prevent the mental health problem or crisis developing into a more serious state
- To promote understanding of mental health issues
- To provide comfort to a person experiencing distress
- Promote healing and recovery of good mental health

You will find the dates of the next courses in your area at:

<http://www.smhfa.com/index.aspx>

For more information, please contact:

Mechele Wimble
Learning & Development Officer

nhs.healthscotland-smhfa@nhs.net

Tel: 0131 5368772

- **13. Are You Ready for S*x?**

MID Lothian: Saturday 21st September 2013 at 9.00 – 16.30 County Hotel, 152-156 High Street, Dalkeith, Midlothian, EH22 1AY

CITY: Wednesday 2ND October 2013 at 9.00 – 16.30 Waverley Gate, 2–4 Waterloo Place, EH1 3EG

*Rates: £130.00 (This includes a copy of the 'Are You Ready For S*x?' manual and a small quantity of 'Are You Ready For S*x?' leaflets)*

A limited number of places are free for workers who are a member of the Healthy Respect Network.

This exciting new 1 day training programme aims to:

- Increase participants' knowledge, skills and confidence in the delivery of Sex and Relationships Education within 1-1 or group work settings
- Provide participants with a tool kit of practical methods and activities to encourage young people to delay sexual activity, to explore risks and think about how to keep safe
- Provide participants with a 'ready to use' manual that contains over 16 fun and participatory session plans covering issues such as acceptable or unacceptable behaviour, resisting pressure, readiness for sex, internet safety, sexuality and alcohol

If you are interested please contact the Health Opportunities Team:

Tel: 0131 4684600

Email: info@health-opportunities.org.uk

- **14. Anti-trafficking legislation and the National Referral Mechanism**

Prevention, Protection and Investigation Training

Designed to give the front line practitioner from any agency, statutory or non-statutory, a basic awareness of what constitutes Trafficking in Human Beings (THB). The course will also improve participants understanding of the subject enabling them to better identify victims of THB and improve their response and assistance. A major component of this course covers Internal Trafficking of UK Adults & Children.

Tuesday 22nd October 2013 – Glasgow, Campanile Hotel, 10 Tunnel Street, Glasgow, G3 8HL

Human Trafficking Introductory Training

This course is aimed at all practitioners working with children, young people and families and it will be particularly valuable for those with responsibilities for child protection or safeguarding.

Tuesday 19th November 2013 – Glasgow, Campanile Hotel, 10 Tunnel Street, Glasgow, G3 8HL

Please contact us by email to jo.cope@justwhistle.org.uk, or call 01332 291166 for more information or to receive a quote.

- **15. Go! International training about 'Health Promotion in schools' in Belgium**

Guidelines recommend that children should participate in at least 1 hour (intense) physical activity daily. Students need access to physical activity (PA) before, during and after the school day to meet these recommendations. The aim of this course is to encourage schools and policy-makers to develop and implement policies that promote healthy eating and physical activity in the school setting through changes in environment, behaviour and education. Above all, a healthy lifestyle will improve pupil's wellbeing and reinforce academic achievement at school.

Date & Location of training:

The training is organised from **17 - 21 march 2014** in a well-equipped and central located secondary sports school in **Bruges (Flanders, Belgium)**.

Target Audience & participation fee:

School education staff (teaching and non-teaching)

1300€ (700 Euro for accommodation + 600 Euro for tuition and course materials). For both participation fee and travel expenses to Belgium you can request a Comenius in-service training grant from the LLP National Agency in your country, which will cover all costs.

How to apply?

Complete the form which you can find under the following link:

<http://tinyurl.com/HSISTC>

Deadline for submitting the grant application: 17/09/2013

16. Working with Young Offenders: A Communication Skills Approach - One Day Workshop

Thursday 19th September – Glasgow Cost: £130

60% of Young Offenders have Communication Support Needs, limiting their ability to benefit from rehabilitation interventions, build productive relationships and move forward in their lives.

Learn more about how these difficulties present and develop skills to improve your practice.

- Find out about the nature and presentation of communication difficulties in the Young Offender population.
- Explore how hidden communication difficulties may be written off as "bad behaviour" and develop an understanding of how to include hard to reach individuals.
- Develop an appreciation of how to approach the emotional challenges raised by connecting with damaged young people, and identify ways to manage these in your work.
- Identify barriers to successful communication in your current practice, and leave with new skills and strategies to overcome these.

To find out more information or to register for the course please use the following link:
<http://www.talklinks.org/training.html>

EVENTS AND CONFERENCES

- **17. Today's Young People Tomorrow's Future Event – Share your ideas**

Thursday 3rd October 2013, Our Dynamic Earth, Edinburgh

This conference, for up to 150 delegates, sets out to engage those who work with young people in community settings; including youth work, education, residential care and health, and who share ASH Scotland's vision 'towards a generation free from tobacco.' Creating an environment where young people choose not to smoke is a main theme of this conference and is a key policy in the 2013 Tobacco Strategy, Creating a Tobacco Free Generation.

It will engage with those who work with young people in community settings and will **support delegates to implement policy into practice**, with a strong emphasis on tobacco prevention, and on empowering young people.

World Café:

Become a delegate and share your experience in the World Café by giving informal presentations on your project to small groups of delegates on the following key themes:

- developing and implementing tobacco policies in youth organisations/services
- integrating tobacco with other health behaviours in young people's work
- youth participation/youth-led tobacco projects and youth achievement

For further information and to access information hosting an exhibit in the market place, please visit the ASH Scotland website using the following link:

[Today's Young People Tomorrow's Future Event](#)

- **18. Scottish smoking cessation conference 2013 - improve your practice**

Tuesday 19th November 2013, Perth Concert Hall

Scotland's national smoking cessation conference offers a unique opportunity to network with smoking cessation colleagues, hear about the latest developments in smoking cessation and improve practice. A free of charge one-day event, the conference aims to provide a motivating and inspiring day for those working in the field of tobacco. We shall share good practice and debate some of the key challenges and solutions in continuing to reduce smoking throughout Scotland.

The conference will have an underlying theme of inequalities and working in partnership to deliver effective stop smoking services. The learning outcomes have the potential to link to the following KSF criteria:

- Communication C1 Level 2
- Personal and People development C2 Level 2
- Service improvement C4 Level 2
- Learning and development G1 Level 2
- Promotion of Health and wellbeing HWB1 Level 2

For further information please contact:

Celia Gardiner
Health Improvement Programme Manager
NHS Health Scotland

Celia.Gardiner@nhs.net

- **19. 3rd Schools for Health in Europe Autumn School**

Wednesday 6th – Sunday 10th November 2013, Institute of Education, University of Minho, Campus de Gualtar, 4710 – 057 Braga, Portugal

The Autumn School aims to establish a creative and interactive space for researchers and practitioners within the field of school based health education and promotion. It focuses on sharing, exchanging and critically discussing issues related to conducting and communicating research in schools, and systematically documenting and communicating practice-based experience.

Content

The course will address and critically discuss current discourses in health education and health promotion research. There will be a particular focus on research methodologies and ethical considerations when doing research in schools, systematic documentation of practice, and effective communication of both research findings and practice-based cases.

For further information and to register for the event please contact:

You can register by filling out the registration form, which you can download from www.schoolsforhealth.eu.

Please mail the completed form to she@cbo.nl.

- **20. Children in Scotland Fostering Conference 2013**

13th September 2013 - Roxburghe Hotel, Edinburgh

Foster carers in Scotland now care for more looked after children than any other resource* The number of children who are looked after has increased every year since 2001, and as a result, the demand for foster carers who provide respite for children in need, continues to grow. Recognising this fact highlights the vital role foster carers play in the children's sector.

However, just as there is neither a typical looked after child or child in need, nor is there a typical foster carer - there is an increasing responsibility to be ambitious for and recognise the range of skills and roles which a foster carer can bring and which we need to support in Scotland.

With a National Review of Foster Care taking place and the introduction of the Children and Young People Bill, the next few years could transform our expectations for the fostering community in Scotland. However at the heart of this community remains the shared aim to improve the foster care experience for both children and young people and those that look after and are responsible for them, to ensure the best outcomes for all involved.

Our Fostering conference 2013 will consider the changes and challenges faced by today's foster care community, bringing together professionals from across the children's sector to address some of the key issues including:

- The emerging needs of children who are or are at risk of being in need or looked after.
- The future roles for foster care in Scotland - how must they develop?
- Recruiting and retaining great carers for the long haul.
- Professionalisation - what professional frameworks would work?
- Financial support - is it time to overhaul the payment and support arrangements?
- Legislations - How could the upcoming Children and Young People and self-directed support legislation impact on foster care services?
- Sessions on: birth family children, male carers, professionalisation of the foster care workforce and transitions from care.

To book a place or for further information please use the following link:

http://www.childreninscotland.org.uk/html/training_sessions.php?ref=1815

- **21. Walking a tight rope – sexualisation, sexual exploitation and young people’s relationships**

Tuesday 29th October 2013 - Thistle Hotel, Renfrew Street, Glasgow

The issue of sexual exploitation has received a lot of recent attention in media with high profile cases making headlines. Increasingly we are asking how much do we really know of the reality and context of young people’s lives and relationships in what is increasingly acknowledged to be a sexualised culture.

The Women’s Support Project, Rape Crisis Scotland and the Rape Crisis Centre Glasgow are pleased to announce a **free** one-day conference highlighting some key research on these issues and showcasing some promising practice within Scotland.

What will be covered?

- Young people’s exposure and use of pornography
- Young people’s attitudes towards and experiences of pornography
- Sexting – sending and receiving sexualised messages / images
- Sexual harassment and activism
- Interventions and promising practice

Who is this aimed at?

This is relevant for those in Violence Against Women sector, activists, parents groups, teachers / educators, support and social workers, sexual and mental health, child protection. We hope to get a mix of parents / carers with front line staff and policy makers to encourage real sharing of thoughts, experiences and ideas for the future.

Registration

Please go to <https://www.surveymonkey.com/s/P8CT5SF> to register for a place. There are a limited number of places available so it is recommended that you register early. If places are filled quickly – we may have to look at restricting numbers of attendees from the same organisation.

- **22. WISHH National Stakeholder Event: 20/20 Vision: Aspirations vs. Reality **Places Still Available****

Monday 2nd September 2013 - COSLA Conference Centre, Edinburgh

The event is for all strategic and operational stakeholders with direct and non-direct interest in sexual health, HIV, hepatitis B and C, such as professionals working across health boards, Scottish Government, local authorities, academia, and third sector in the following areas:

- Sexual health
- Drugs and alcohol
- Vulnerable populations
- Early years, Youth health, Older people
- Health Improvement

- Mental Health Improvement

Places are still available for the WISHH National Stakeholder Event. The **deadline for registering is Thursday 29th August 2013**

Videoconferencing will be available at the event and a small marketplace.

If you are interested in exhibiting some material at this event or wish to register please e-mail ruth.johnston1@nhs.net

More details can be found on the website: www.healthscotland.com/wishh

- **23. Scottish Youth Work Week Conference**

Thursday 7th November 2013 - Easter Road Stadium, Edinburgh

The Scottish Youth Work Week Conference will take place on Thursday 7 November, 2013 in Edinburgh. The title of this year's conference is 'Youth Work – Improving Outcomes for Young People'.

Online booking and more information will be available soon.

Interactive Session Proposals

We are keen to see a variety of opportunities for participants to share practice, develop skills and learn how policy can be taken into practice and management through interactive sessions at the conference. These sessions will include workshops, mini-seminars, lectures and presentations.

This year we are looking for interactive sessions which demonstrate the contribution that youth work makes to support the delivery of GIRFEC.

If you are interested in running an interactive session at this year's Scottish Youth Work Week Conference you can find out more and download the proposal form using the following link:

<http://www.youthlinkscotland.org/webs/245/images/Sessionproposalform2013.doc>

The deadline for applications is Friday 13 September 2013.

For further information contact:

Susan Symington

Tel: 0131 313 2488

**Please feel free to circulate this e-bulletin to colleagues not on the database but who may be interested in the items listed.
Please send any comments, suggestions and items for the next e-bulletin to: nhs.HealthScotland-youthhealthbulletin@nhs.net.**

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