


SANDYFORD



A brief introduction for people aged
50 plus

Welcome To Sandyford

Sandyford offers a wide range of health services, advice, information, referrals and support for men and women of all ages, on many aspects of sexual and emotional health. The service is completely private and confidential.

At Sandyford, we believe that people of all ages are entitled to, and deserving of, healthy sexual and emotional well-being. Whether or not you are in a relationship, whether or not you are married, you have the right to expect good quality services, access to appropriate information, and to be treated with dignity and respect.

We know that talking about sexual, reproductive and emotional health issues might seem embarrassing and sensitive. It's our aim to put you in control as much as possible, take things at your speed, respond to your issues, and support you in discussing the things that are important for you.

You can expect a friendly, welcoming and relaxing atmosphere, all at a convenient city-centre location or, if it's easier for you, at one of our community locations (a list of Sandyford community services is included later in this booklet). British sign language and minority language interpreters can be arranged on request. Sandyford is accessible for disabled people.

The staff here hope you will use a wide range of our services and tell friends about Sandyford. If you feel there is anything we could do better or would like to comment on, please contact us at the following email address helpsandyford@ggc.scot.nhs.uk or send your comments to the Community Access Coordinator at the address listed at the back of this booklet.

Alison Bigrigg
Director, Sandyford



Sandyford Really Is A Service For You

The following scenarios show how people over the age of 50 might choose to use some of the Sandyford services on offer. The names given do not relate to real service users.

At first I was nervous about coming to Sandyford as I thought I would be the only person there from my age group. I soon realised this wasn't the case, and was surprised at how quickly I felt at ease.

Sandyford service user aged over 50

Duncan is 63 and was married for 24 years. He's been a widower for 10 years and has just begun a new relationship with Sandra who is 44. Sandra is still able to have children, and they are concerned about her becoming pregnant. They met with a nurse at Sandyford, and were able to talk openly about their situation. They received support and advice, and considered whether or not they would wish to have children. They discussed contraception, and were offered an individualised contraceptive choice. They were also given information about having a sexual health screen, to ensure that they were both free from any sexually transmitted infections.

Moira is a 58-year-old woman who has been through the menopause. She has always had a happy, stable relationship, and she and her partner have had a good sex life, but she is now experiencing a diminishing sex drive. Moira came to Sandyford where she was able to talk to a member of staff about her concerns.

She was asked about any menopausal changes or medical problems she had experienced. Moira explained she was experiencing vaginal discomfort, and pain during sex. She added that she was very busy looking after elderly parents and was tired for much of the time.

Moira received support and advice, which included information about improving her general well-being, and about the possibility of taking hormone replacement therapy (HRT). She was also given lubricant to try, and discussed the possibility of trying a local hormone treatment to reduce vaginal dryness.

I have been to the Sandyford on three occasions and commend you on a supportive, reliable and personal service delivered by very professional and helpful staff – thank you for being there.

Sandyford service user



Mary and Peter are both over 75 years old. They have been married for 45 years, and enjoy the emotional warmth of a loving relationship. However, they have been experiencing difficulties in managing sexual intercourse due to their physical frailties.

They approached Sandyford for help. Once staff had listened to their concerns, Mary and Peter had a number of choices. They were invited to speak to a doctor in the sexual problems service where they could sensitively discuss their difficulties. They were also able to discuss the option of being referred to a physiotherapist within the NHS.

Afterwards they decided to borrow one of the many books in the Sandyford Library that could be of use to them – books such as 'The Joy of Mature Sex' (see section on Sandyford Library and Information Services on page 26).

There is nothing unusual in people in their 70s and 80s visiting the Sandyford. We must get rid of the idea that sex is something that stops when you hit 50.

Rak Nandwani – Consultant, Sandyford

The myths of being uninterested in sex, or in maintaining sexual activities in older people are popular and reinforced in daily life, leading older people to refrain from their sexual needs, and vulnerable to sexual health problems.

**Son Ngyuen, Health Social Science
International Programme**



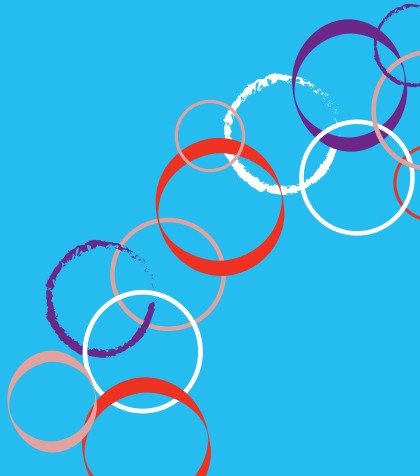
Jean is in her 60s and had undergone a termination (abortion) when she was younger. This experience contributed to the depression and anxiety she has been experiencing recently. Talking to the counsellor within the post-termination service at Sandyford left her feeling relieved, and as if a weight had fallen from her shoulders.

Anyone can arrange an appointment at this service, no matter when their termination took place.

Sandyford has many counselling services available for both women and men where you can talk about anything that is concerning you. Counselling offers a private, confidential, reliable and judgement free environment to talk about your worries. When emotional difficulties have their roots in the past, talking them over with a therapist can help you to see past hurts in a new light.

The Sandyford offers our '50 plus' population a wide variety of services. All ages are encouraged to adopt a happy, healthy lifestyle and looking after your sexual health is no different if you are 18, 50 or 70 years of age. The Sandyford's services welcome the over 50's.

**Irene Bannerman,
Older Person's Service
Development Coordinator –
NHS Greater Glasgow and Clyde**



Josie had been married for many years, but had never felt particularly happy with her partner – they are now separated. Josie is 58 and has had feelings for some time that she might be lesbian or bisexual. She doesn't have anyone to talk to about her feelings. She came across some information about Sandyford and decided to get in touch. Josie was given information about the counselling and support available at Sandyford.

Counselling is available for all lesbian and bisexual women, or women who may be questioning their sexual orientation. Like all counselling services, it is completely discreet and confidential.

Similar counselling is available for gay and bisexual men, or men who may be questioning their sexual orientation.

Sandyford offers a range of supportive and non-judgmental services targeted at people who are lesbian, gay, bisexual and/or transgender (LGBT). Again there are many useful resources in the Sandyford library for all LGBT people.

*I'm so grateful I discovered the Sandyford.
Everyone is professional, compassionate
and non-judgmental.*

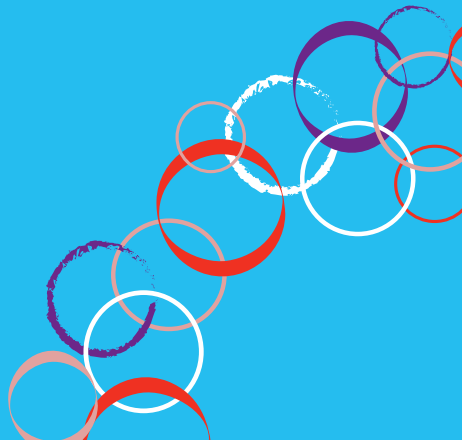
Sandyford service user

Susan is 57. She recently went on holiday to Spain with a friend and while she was there she had a holiday fling. Afterwards she started to worry about the possible consequences. She visited her local Sandyford service 'Sandyford East', based at Parkhead Health Centre where she received a sensitive and respectful service.

The nurse there offered Susan a sexual health screen. This involved a few simple tests, and after receiving the results Susan found out that she had a sexually transmitted infection called chlamydia. This was quickly cleared up with a course of antibiotics, and Susan was impressed with the confidential and professional service she received from staff at Sandyford East.

*Sexual infection rates among senior citizens
are among the fastest rising of all age groups.*

The Herald Newspaper



Cheng is 58 years old and had been having some difficulties when attempting to have sex. He found it difficult to get or maintain an erection, and felt really anxious and embarrassed about this. He had heard about Sandyford, and decided to make an appointment to come and discuss his concerns. He met with a doctor from the sexual problems service at Sandyford. This service is available for anyone experiencing problems with sex.

When Cheng visited the service, he decided to bring his partner along with him. Together they talked to the doctor about Cheng's concerns, and about his medical and sexual history. The doctor checked his blood pressure, and after some other simple tests it was agreed that Cheng would try a drug therapy to help with his erectile problems. This is prescribed with the support of Cheng's general practitioner (GP). Cheng was relieved to have his problem taken so seriously by Sandyford staff.

Tragically, the sexual health of men and women of this age group (older people) is largely neglected.

Julie Bentley – fpa (the Family Planning Association)

These are only a few examples of why people who are 50 plus might decide to visit Sandyford. There are many services here that you are welcome to use. These services are free, discreet, and completely confidential.



Here Are Some Of The Services On Offer

Sexual And Reproductive Health Phone 0141 211 8130

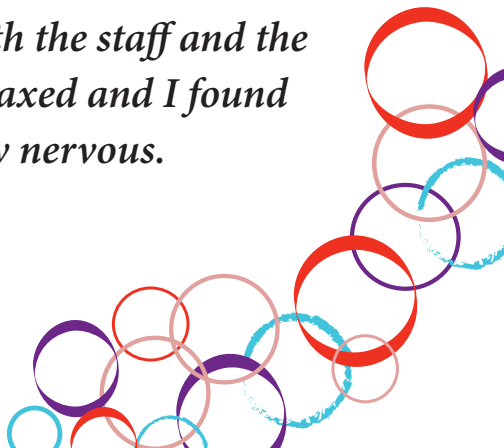
Offering confidential expert advice, accurate diagnosis and treatment for all sexual health issues, for both men and women. This includes:

- Treatment and support for all sexually transmitted infections, as well as other conditions such as cystitis, thrush and genital skin problems.
- Free condoms and lubricant.
- HIV testing and counselling.
- Hepatitis A and B testing and counselling.
- Services for gay men and lesbians.

- Prescriptions dispensed free of charge.
- Information and advice.
- Specialist clinics including menopause, vasectomy, pre-menstrual syndrome, sexual problems, gynaecology and colposcopy.
- Contraception and emergency contraception.
- Counselling and support on a range of issues in a relaxed setting.
- Cervical screening (smear tests).

*I was very impressed with both the staff and the service. I was made to feel relaxed and I found this a great help, as I was very nervous.
Thanks very much.*

Sandyford service user



Emotional Health

Sandyford Counselling and Support Services (SCASS)

Phone 0141 211 6700

Offering a range of non-clinical services on many aspects of health and well being, including:

- drop-in support
- longer-term counselling
- specialist counselling
- support groups on a number of issues
- counselling for women and men
- couples counselling

Counselling at Sandyford can help with a range of concerns, including relationship problems, sexual abuse, domestic abuse, rape and sexual assault, sexuality issues, sexual problems, termination of pregnancy, gender issues, and many others.

If you would like further information about counselling, or to request a counselling assessment, please contact SCASS on the number listed on page 20,

I find the service wonderful – a safe place to come and be welcomed by nice, warm people, and I feel lucky I can have free access to the services you provide. Thank you.

SCASS service user



Free Condom Service

Free access to a range of condoms with minimum embarrassment. Condoms are important as they can help prevent the passing on of sexually transmitted infections (STIs). They also prevent unintended pregnancies.

Steve Retson Project For Gay And Bisexual Men's Health. Phone 0141 211 8628

A sexual health project for gay and bisexual men, and all men who have sex with men. The service offers confidential expert advice, accurate diagnosis and treatment for all sexual health issues. This includes:

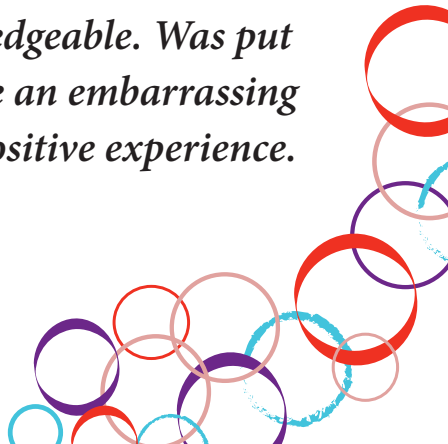
- Treatment and support for all sexually transmitted infections.
- Immediate diagnosis in most cases.

- Counselling and support in a relaxed setting.
- Free condoms and lubricant.
- HIV testing and counselling.
- Hepatitis A and B testing and counselling.
- Prescriptions dispensed free of charge.
- Advice and information on all sexual health issues.
- Same-day HIV testing and results.

The project aims to create a relaxed and friendly atmosphere.

Staff are very helpful and knowledgeable. Was put at ease in what could be for some an embarrassing environment. All in all, a very positive experience.

Steve Retson Project service user



Archway

Phone 0141 211 8175

Unfortunately not all sexual experiences are good ones. Archway is a service for both women and men who have been raped or sexually assaulted in the last seven days. Archway provides forensic medical examination, sexual health follow up, support and counselling. We see people from all of the Strathclyde area.

Homeless And Vulnerable Service

Phone 07780 520862

If you are experiencing homelessness or are at risk of becoming homeless, and have questions or concerns around your sexual or reproductive health, you can access support from the lead nurse – homeless service.

Library And Information Services

Phone 0141 211 6717

Email sandyfordlib@ggc.scot.nhs.uk

Lending and information service providing books, leaflets, CDs, DVDs and other resources on all aspects of health and well-being, as well as a range of popular fiction. The library is available to everyone, even if you don't live or work in Glasgow and Clyde. There is an enquiry service – just call in or get in touch by phone, email or letter. Inter-library lending facilities are also available between Sandyford and local Glasgow community libraries. Free Internet access is provided within the Sandyford reception area.

We stock a wide range of titles for all ages covering topics such as fitness, healthy eating, relationships, information for carers, parenting and grand parenting, getting started on the Internet, men's health, support for lesbian, gay, bisexual and transgender people, alternative therapies, bereavement, the menopause, dementia, stress, anxiety and depression.

Some useful resources available from the Sandyford Library. Browse the entire stock of Sandyford and all the Glasgow community libraries online at <http://libcat.csghlasgow.org>

Pillow Talk: Relationships, Sexual Wellbeing and Ageing – a sexual health information leaflet for people who are 50 plus. Published by NHS Greater Glasgow & Clyde.

The Joy of Mature Sex and How to be a Better Lover.
By William Campbell Douglas II.

Wrinklies' Wit and Wisdom – Humorous Quotes About Getting on a Bit. By Rosemary Jarski.

How to Thrive Past 55 – What Science Tells Us About Ageing Well. By Deanna Wilson.

Defying Age, How to Think, Act and Stay Young.
By Miriam Stoppard.

Fifty Plus Fitness. By Ian Oliver.

Time on Our Side, Growing in Wisdom, Not Growing old.
By Dorothy Rowe.

Grumpy Old Men. By Stuart Prebble.

Feel Fabulous Over 50. By Gloria Hunniford.

Ourselves, Growing Older, Women Ageing With Knowledge and Power. By Paula Brown.

Life at 50 – For Men. By Robert Ashton.

Look Me in the Eye: Old Women, Ageing and Ageism.
By Barbara MacDonald.

Surviving Male Menopause. By Jed Diamond.

An Insider's Guide to Being a Brilliant Grandparent.
By Phill Williams.

Breast Health. By Miriam Stoppard.

Men, Women and Prostate Cancer. A Guide for the Women and the Men They Love. By Barbara Rubin Wainrib and Sandra Haber with Jack McGuire.

Is It Me, or Is It Hot in Here? A Modern Woman's Guide to the Menopause. By Jenni Murray.

Men in Midlife. By Richard Gates and Robin Hammond.

The Relate Guide to Loving in Later Life – Intimacy in the Prime of Life. By Marj Thoburn and Suzy Powling.

How to Survive Bereavement. By Andrea Kon.

Great Sex After 40 – Strategies for Lifelong Fulfilment. By Marvel L. Williamson.

The library also stocks other useful leaflets for people aged 50 plus from Age Concern, Glasgow City Council and the NHS.

Location And Directions For Sandyford Services

SANDYFORD

2–6 Sandyford Place

Glasgow

G3 7NB

Phone 0141 211 8130

Web site address www.sandyford.org

The main Sandyford service is based in the old Glasgow Eye Infirmary. Sandyford Place lies alongside Sauchiehall Street, five minutes' walk west of Charing Cross. The nearest rail station is Charing Cross Station, and there is a main bus stop next to Sandyford. Buses that stop there include the numbers 17, 18, 42 and 57.

Sandyford also offers services locally across the health board area. You can find Sandyford at the following locations.

SANDYFORD

NORTH

Springburn Health Centre

Phone 0141 531 6703

SANDYFORD

SOUTH EAST

Govanhill Health Centre

Community Wing

Phone 0141 531 8349

SANDYFORD

SOUTH WEST

Pollok Health Centre

Phone 0141 531 6807

SANDYFORD

EAST

Parkhead Health Centre

Phone 0141 232 7413

SANDYFORD

RENFREWSHIRE

The Russell Institute

Paisley

Phone 0141 314 0726

SANDYFORD

EAST RENFREWSHIRE

Barrhead Health Centre

Phone 0141 314 0885

SANDYFORD

INVERCLYDE

Block 1 and 2
Residential Complex
Inverclyde Royal Hospital
Phone 01475 504 978

SANDYFORD

WEST DUNBARTONSHIRE

Ground Floor
Old Maternity Block
Vale of Leven Hospital
Phone 01389 818 511

SANDYFORD

EAST DUNBARTONSHIRE

Kirkintilloch Health and
Care Centre
Phone 0141 355 2367

For information not included in this booklet, such as specific opening times, please phone **0141 211 8130** or call in at Sandyford where you will be made to feel welcome.

Thank you

Other Helpful Organisations

Age Concern Scotland

Scottish helpline for older people

0845 125 9732 (10am – 4pm, Monday to Friday)

Freephone Age Concern Information Line (UK)

0900 00 99 66 (7am – 7pm, 7 days a week)

Email: enquiries@acscot.org.uk

Help The Aged

Helping older people in Scotland

Phone 0131 551 6331

Email: infoscot@helptheaged.org.uk

Cruse Bereavement Care

Phone 0844 477 9400

Glasgow helpline: 0141 248 2199

Website: www.crusescotland.org.uk

Sexual Dysfunction Association

Phone 0870 774 3571

Website: www.sda.uk.net

Domestic Abuse Helpline

Phone 0800 027 1234 (24 hours)

Strathclyde Lesbian And Gay Switchboard

Provides confidential information and support for lesbians, gay men, bisexual people, transgendered people, cross dressers, and their families and friends – for anyone considering issues around sexuality. Telephone helpline open every night 7pm – 10pm.

Phone 0141 847 0447

Website: www.sgls.co.uk

Relate Scotland

Provides a counselling service for couples in Scotland with local offices in many parts of the country.

Website: www.relationships-scotland.org.uk

Samaritans

Phone 08457 90 90 90

Samaritans Scotland

Phone 0141 248 4488

Website: www.samaritans.org

Thank you

This booklet was produced in partnership with NHS Greater Glasgow and Clyde Older People's Coordinators.

Thank you to the people aged 50 plus, who agreed to participate in focus groups to discuss the production of this resource.

This booklet can also be made available
as large print, braille, audio tape,
or in a foreign language, if required.
Please contact Sandyford Library and
Information Services on 0141 211 6717.



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2-6 Sandyford Place

Glasgow

G3 7NB

0141 211 8130

www.sandyford.org



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