

# CASE STUDY

## NEL Joint Sexual and Reproductive Health Strategy 2025-2029

### CO-PRODUCTION

# Context



London Borough of Newham leads the coordination of the commissioning and strategy development for Specialist Sexual Health in North East London.

In 2023-24, the Newham commissioning team led the development of the North East London (NEL) Sexual and Reproductive Health Strategy. To ensure resident involvement and validate the identified priorities, we conducted a comprehensive resident survey.

This initiative aimed to align the strategy with the community's needs and perspectives and to:

- Consult on strategy priorities and aims with local community
- Learn if there are any other priorities we should consider for the strategy
- Check the level of awareness about current sexual health offer amongst local residents
- Gather feedback about current sexual health offer in NEL
- Learn what are the barriers in accessing NEL Sexual Health Service amongst local residents

Feedback from the survey was utilized to shape the main strategy document and guide the development of the annual action plan.

# Strengths-Based Approach

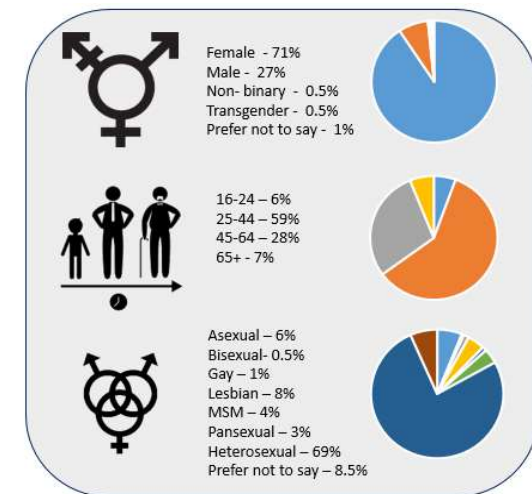
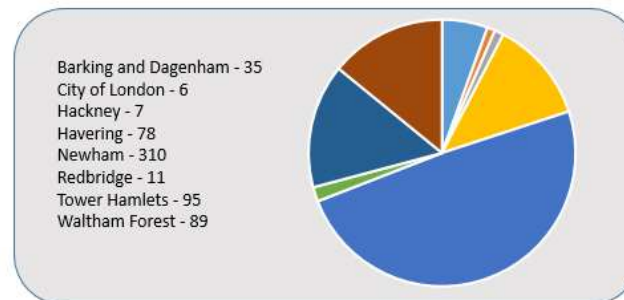
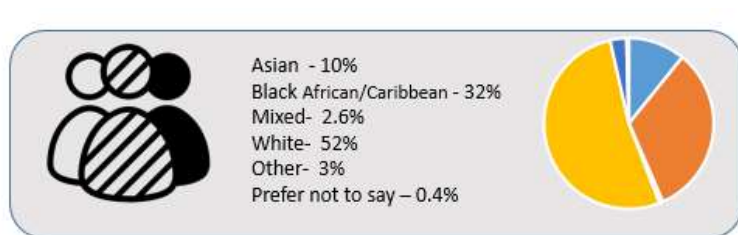


The strategy and action plan were co-developed and co-designed with North East London residents and health professionals from the borough.

- **Targeted Approach** - While we aim to hear from all residents, the survey specifically targeted vulnerable groups, such as young people, MSM (men who have sex with men), and individuals from higher deprivation areas. This targeted approach ensures that the strategy addresses the needs of those most at risk for poor sexual health.
- **Focus on Strengths and Needs** – the engagement process was designed to identify both strengths and needs of the community. By understanding what is working well and what needs improvement, the strategy can build on existing strengths while addressing gaps in services.
- **Collaboration** – the survey was part of a broader consultative process that also included internal and external stakeholders – this approach leveraged the strengths and expertise of various partners and ensured development of comprehensive and effective strategy.
- **Data Driven Decision Making** – the survey collected valuable data, which were used to inform not only the strategy but also an action plan. It ensured that the interventions are grounded in the lived experiences of the community.

# Outcomes and Impact

631 responses were received from the across whole NEL, we engaged with people from different backgrounds, ages and sexual orientation



## Top - line findings:

- Residents agreed with the four priorities identified by the professional stakeholders.
- Feedback around barriers and service improvements mainly focused on *access*: resident satisfaction levels with the clinical offer was high, once appointments were secured.
- There is a significant need for better education and awareness around sexual and reproductive health.
- While emergency contraception is widely used, there is a need to promote long-term contraceptive options to reduce reliance on emergency measures

Feedback was incorporated into the strategy – and can be viewed here: [2-nel-sexual-health-strategy-v8](#)

# Lessons Learnt and Reflections



## Lessons Learnt:

- The survey underscored the importance of involving residents in the development of health strategies. Their feedback is crucial for creating services that truly meet their needs.
- Tailored services are essential for vulnerable groups, including LGBTQ+ individuals, substance users, and homeless people. These groups face unique challenges that must be considered in service provision.
- There is a significant need for better education and awareness around sexual and reproductive health.
- The preference for digital solutions, such as online booking systems, suggests that integrating technology into service delivery can improve accessibility and convenience.

## Reflections :

The approach highlight the importance of developing sexual and reproductive health services that are comprehensive, inclusive, and accessible to all. It is crucial that these services are designed with input from the community to ensure they meet the diverse needs of residents. By incorporating the voices and experiences of the community, we can create more effective and equitable health services.