

***Let's Talk
About Sex
Lewisham***



***Children and Young People's
Sexual Health and
Healthy Relationships
in the London Borough of Lewisham***



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What is Healthwatch Lewisham?

Healthwatch Lewisham is one of 152 local Healthwatch organisations that were established throughout England in 2013, under the provisions of the Health and Social Care Act 2012. The dual role of local Healthwatch is to champion the rights of users of health and social care services and to hold the system to account for how well it engages with the public.

The remit of Healthwatch Lewisham as an independent health and social care watchdog is to be the voice of local people and ensure that health and social care services are safe, effective and designed to meet the needs of patients, social care users and carers.

Healthwatch Lewisham gives children, young people and adults in Lewisham a stronger voice to influence and challenge how health and social care services are purchased, provided and reviewed within the borough.

Healthwatch Lewisham's core functions are:

1. Gathering the views and experiences of service users, carers, and the wider community,
2. Making people's views known,
3. Involving locals in the commissioning process for health and social care services, and process for their continual scrutiny,
4. Referring providers of concern to Healthwatch England, or the CQC, to investigate,
5. Providing information about which services are available to access and signposting,
6. Collecting views and experiences and communicating them to Healthwatch England,
7. Working with the Health and Wellbeing board in Lewisham on the Joint Strategic Needs Assessment and Joint Health and Wellbeing strategy (which will influence the commissioning process).



Strategic Drivers

Healthwatch Lewisham's role is to support the voices and views of the local community and to ensure their opinions are taken into account when services are commissioned.

Healthwatch Lewisham (HWL) engaged the local community and spoke to people of all ages and backgrounds, to ask them what they believed should be the key work priorities for Healthwatch, in relation to Children and Young People, over the course of the coming year. It was evident from the feedback received that young people's Sexual Health services and understanding of healthy teenage relationships was a major contender for HWL to focus a piece of work around.

Children and Young People's attitude to sexual health and healthy teenage relationships have been at the forefront of the media for the last few years. From popular soap operas to newspaper articles and reports, there has been an increased public interest in issues such as sexting, underage sex and controlling relationships.

HWL was keen to gather the thoughts and views of the young people of Lewisham and also to raise awareness around issues such as sexting laws and sexual health. HWL was also interested in discovering young people's experiences of sexual health clinics in the borough.

In Lewisham, children and young people (0-19 years) make up 25 per cent of the population, in addition to this, Lewisham has the 2nd highest teenage conception rates in London and joint third highest rates in England with Kingston-upon-Hull.¹ However, Lewisham has made some progress in reducing the teenage conception rates, going from

80 pregnancies per 1,000 15-17 year olds in 1998 to 68.7 per 1,000 in 2008, which equates to a 14.1% reduction (ONS, 2010).

Regarding sexual health, there are currently 4 sexual health clinics in Lewisham providing testing for sexually transmitted infections, HIV, contraception and psychosexual support. There are around 60,000 attendances per year to these services, half of which are in the under 25s.² Two of these services (Downham Health and Leisure Centre and Sydenham Green Health Centre) are dedicated to under 25's.

HWL set out to speak to as many young people in the borough as possible in a bid to identify the gaps in sexual health services, public knowledge and to raise awareness. This engagement was undertaken to gain a wider understanding and appreciation of the young people of Lewisham's attitudes and experiences toward sexual health and healthy relationships, in the hope that it would raise awareness around the services that are available, the laws around sex and healthy teenage relationships. To do this we focused on:

- Understanding the laws around sex, sexting and pornography.
- Identifying who young people turn to for relationship advice.
- Getting feedback on sexual health services in the borough, including staff attitudes.
- Identifying the percentage of young people who have sent or received explicit pictures/messages.

¹ <http://www.lewishamjsna.org.uk/children-and-young-people/teenage-pregnancy>

² <http://www.lewishamjsna.org.uk/home/priority-outcomes/sexual-health/what-do-we-know/current-activities-and-services>



This report presents the findings that emerged through our engagement. The recommendations that are provided, were led by the young people themselves, and are included to support decision making and the commissioning of services intended for them.

This report will be shared with the Lewisham Health and Wellbeing Board, the schools and organisations that participated, the Lewisham Clinical Commissioning Group (CCG), the Care Quality Commission (CQC), Public Health Lewisham, NHS England and Healthwatch England, The London Borough of Lewisham's Children and Young People Senior Commissioning Manager and the Voluntary and Community Sector.



Methodology

This report documents the findings of the research, which took place from September 2016 to February 2017. Every secondary school in Lewisham was invited to take part in the study which comprised of a workshop entitled Teenage Kicks. Alongside this, some outreach work which involved talking to young people was carried out. HWL also created an online survey collecting information and opinions about sexual health services, as well as organising a series of mystery shops via telephone which was carried out by young volunteers. Finally, we also engaged with under 25s in local sexual health clinics. This report aims to identify areas of success in the current system and suggest areas where services could improve. It also aims to recognise what young people understand about the laws around consent, sexting and pornography.

This report will be split into four main sections incorporating the findings from the following: Teenage Kicks workshops, online survey, mystery shopping and sexual health clinic engagement.

The first section contains the findings from the Teenage Kicks workshops. These were between 50 minutes to an hour long. Some workshops differed slightly depending on class size. The workshops were split into six sections which consisted of the following:

- 1) Society's Views on Men and Women: This section involved a word game that asked the young people to shout out the first thing that came into their head when they heard the words "man" and "woman".
- 2) The Right Time: The age of consent was explored, including if the young people believed that the legal age should be raised or lowered.
- 3) Biggest Concerns: This area looked at what young people believed their peers were most concerned about. Depending on the size of the group, the young people either had an open discussion or placed stickers on posters depicting issues such as Peer Pressure, Friendship, Relationships, and Sex



Young Lewisham Project

and Body Image.

- 4) Sexting: This section looked at the definition of sexting, what the legalities are, revenge porn and the long-term impact of sharing explicit images.
- 5) Control and Abuse: Depending on the size of the group, the participants either spoke about what they believed control and abuse in a relationship to be or wrote on flip charts that they then shared with the rest of the group.
- 6) Pornography: This part looked at who watches pornography, how it can affect people's lives and the laws around owning extreme pornography.

The second section explores the online survey. This comprised of various questions around sexual health and was live via Survey Monkey for three months. It was filled out by 40 individuals.

The next part of the report looks at the mystery shopping. This was carried out by young volunteers via the telephone. The young people spoke to local sexual health clinics. They were provided with a prompt sheet and the aim was to discover how they felt they were spoken to and whether they were given the information required and/or signposted appropriately. Each call was scored on a scale of 1-10 with 10 being the best.

The final part of the report includes the findings from the sexual health clinics engagement.



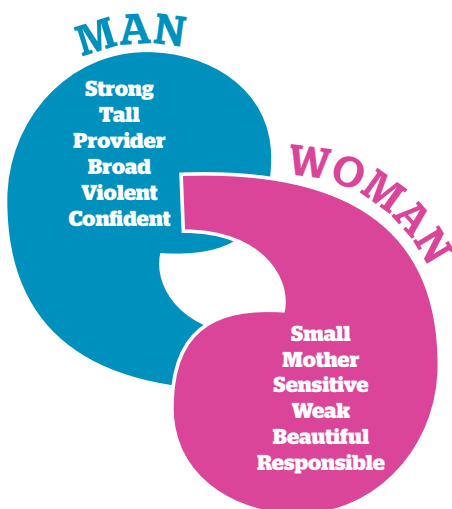
Summary of Findings

Teenage Kicks Workshops

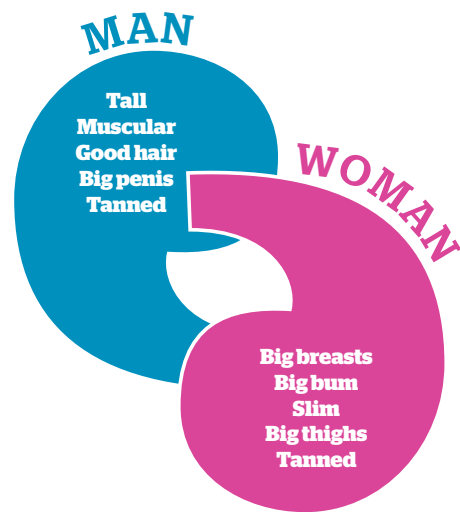
424 responses were gathered during the course of the workshops. During the time allocated to this project, workshops were held across three schools (Bonus Pastor Catholic College, Trinity Church of England School and Prendergast Ladywell Fields College), one college (LeSoCo), one charity organisation (Young Lewisham Project) and two youth clubs (The REAP Centre and Somerville Youth Club).

As previously mentioned, the workshops were split into six sections. We tried to make these as interactive and interesting as possible. A PowerPoint presentation was used throughout, flip chart paper was used in some sections and the young people were encouraged to share their views and opinions as much as possible. It was made clear at the start of the session that the students should not use names when discussing events and that we should respect each other's opinions.

The first section was entitled Society's Views on Men and Women: This asked the young people what kind of words came into their minds when they heard the words "man" and "woman". The participants conjured up such words as:



Although most of the young people agreed that the descriptions are stereotypical, they believed that this is the way that society sees men and women. The young people were also asked to describe what they believed the ideal man and woman look like, although many different variations were created, the most popular were as follows:



This followed a discussion on the media and how a lot of the celebrities who are in the spotlight are often airbrushed in photos or have had cosmetic work. In short, the young people were made aware that the perfect man or woman generally does not exist. The importance of personality was also discussed.

The second section explored the age of consent. When asked what the legal age of consent for sexual intercourse in the UK is, the majority of young people correctly stated 16, but there was also a number of young people who believed otherwise. Popular answers included 18, 15 and "don't know".

The young people then discussed if they agreed with this law. Some of the participants believed that the age should be raised. The reason they gave for this is that most young people are still in school at sixteen and run the risk of falling pregnant. The majority were happy with the age of consent being

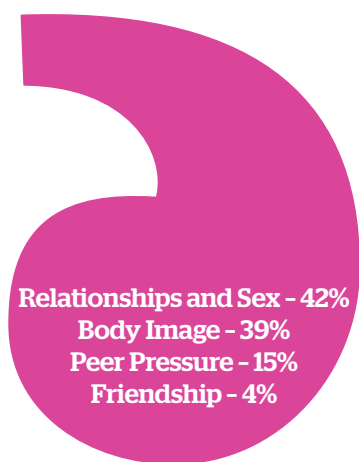


16, whilst a minority suggested that the age should be lowered. Reasons given for this response was “they are going to do it anyway” and one participant proposed that young people would be more likely to seek contraceptive advice if they knew they weren’t breaking the law by having sex.



SYPP Youth Group

The next part of the workshop looked at the biggest concerns of young people. The four topics that were chosen were **Friendship**, **Peer Pressure**, **Relationships and Sex** and **Body Image**. The young people were asked to pick which heading they believed was most concerning to their peers. The results are as follows:



A discussion around why the young people had selected these topics followed.

Relationships and Sex - With 42% of the vote, Relationships and Sex proved to be the most popular heading. Many of the young people said that they chose this topic as it appears to be at the forefront of most young people’s minds. One young man said that it is such a huge pressure and admitted that in the past, he had lied about his sexual experiences in order to “fit in.”

Body Image - Body Image was seen as the second biggest concern for young people with 39% of the vote. A number of young female participants suggested that due to social media, there is a huge pressure on them to look a certain way. Big boobs, small waist and a big bottom were most mentioned. Young men should not be forgotten though, with one young man of Caribbean descent explaining that, due to stereotypes, black men have a lot to live up to as they are expected to have large genitalia.

Peer Pressure - Peer Pressure was the third biggest concern with 15% of the vote. One young person explained “I feel that peer pressure covers all four topics. We can be pressured into sex, into looking a certain way, as well as other things, that is why I chose peer pressure.”

Friendship - Trailing in last place with 4% was friendship. Although the young people agreed that friendships are important, they didn’t really consider it as a concern.

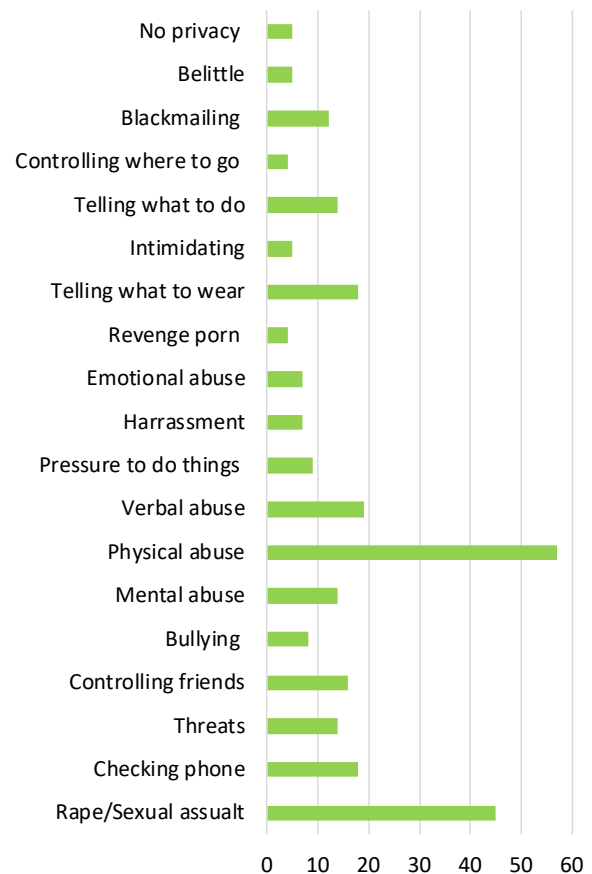
Part four of the workshop explored “sexting”. This section involved asking the young people what they believed “sexting” is. The general consensus seemed to be that sexting is “sending nudes”. A definition published by the NSPCC was read out:



It was then discussed with the young people what the implications of sexting could be. This included exposure, future employers/universities being made aware of the pictures, as well as friends and family members. Revenge porn was also discussed, as was the accompanying new law that was passed in 2015 which means that sharing a sext without the subject's permission, in order to cause them distress, is illegal and the perpetrator can face legal action. It was also pointed out that sharing such images can also result in the third parties getting into trouble. The general laws around sexting were also discussed, with many young people not being aware that in order to send a sext, they must be 18. Many young people asked why they were allowed to consent to sex at 16, but could not legally send a sext until they were 18. It was explained that sexting is classed as pornography and any involvement in pornography requires the subject to be 18 and over.

Control and Abuse was the fifth part of the workshop. The participants were asked what they perceived as being unhealthy in relationships.

What are the warning signs of an unhealthy relationship?



As we can see from the results, the areas which yielded the most responses were physical abuse (57) and rape/sexual abuse (45). Although emotional abuse was named by only seven people, it is important to note that various other titles can correspond with this such as Belittling (5) and Mental Abuse (14). A discussion then followed looking at the signs of unhealthy relationships and knowing when there is a problem. For example, it was explained that it is perfectly acceptable to enquire where somebody is and if they got home safely, but there may be bigger issues if this evolves to harassment, with someone persistently asking their partner to prove where they are, who they are with and what they are doing. It was also pointed out that an abuser in a relationship can be either

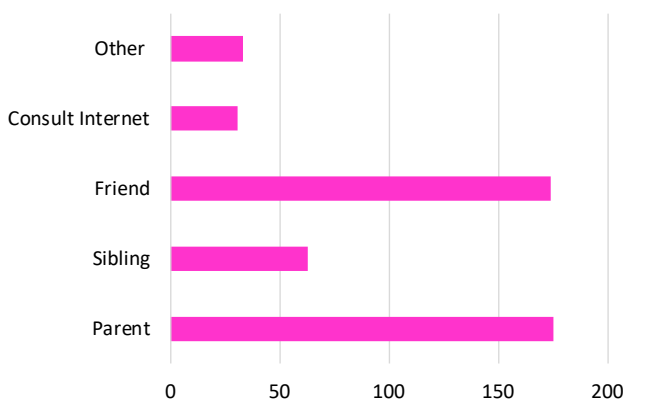


gender, with female-on-male domestic abuse on the rise. It was also discussed that men are twice as likely not to come forward if they are in an abusive relationship.³ The young people believed this is because men are expected to be tough and it could be embarrassing for them. It was made clear that men being abused is just as serious as women being abused and we should support anyone who has experienced abuse.

The final part of the workshop focused on the subject of pornography. This included the laws around owning extreme pornography including bestiality, necrophilia and child pornography; what to do if such images or videos are shared with the young people; and how watching pornography can be addictive. It was discussed how some young people use pornography as their sex education and that this can lead to unrealistic expectations.

Every young person who took part in the Teenage Kicks workshop was asked to fill in an anonymous questionnaire which asked various questions relating to sexting, pornography and relationship advice. The charts below reveal the answers that were collected from 416 young people.

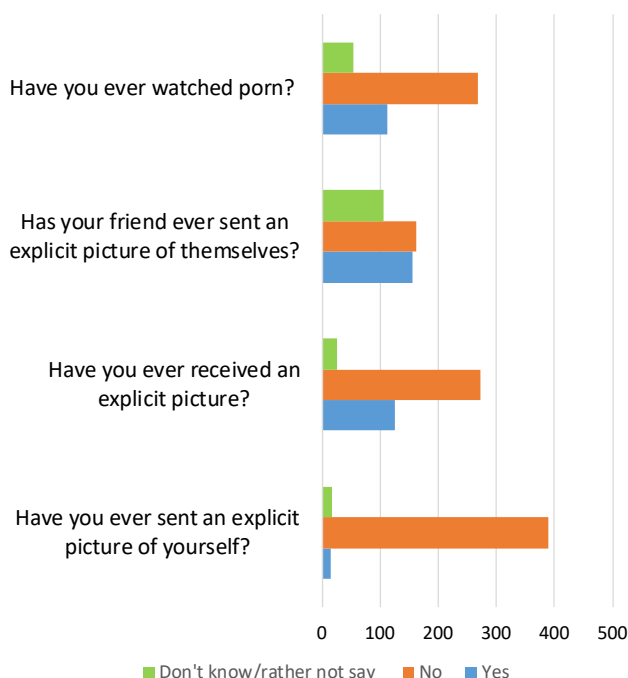
When you need to talk to somebody about sex or relationship advice, who are you likely to speak to?



As we can see from the above chart, both talking to their parents and talking to their friends yielded 37% of the vote. The “other” option included “nobody” and various other relatives such as cousins, aunts and uncles.

The next three questions were related to sexting and pornography.

Sexting and Pornography



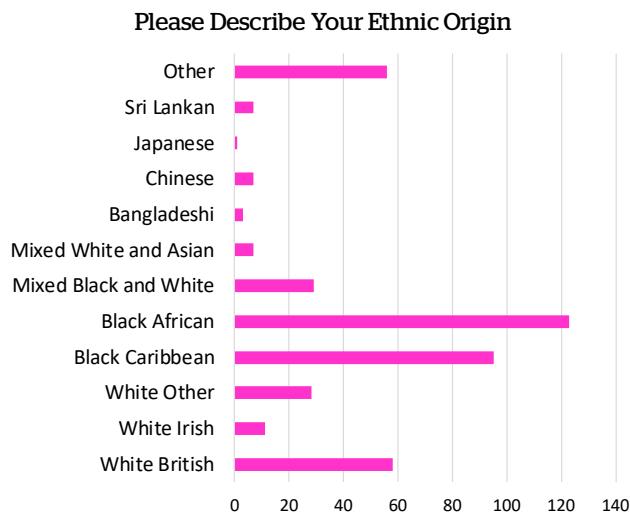
It is interesting to see that although a very small number of young people (16) admitted to sending sexts, 126 said they had received them and 156 claimed that their friends have sent them. This suggests that the number of young people sending sexts are more likely to be higher than recorded. We believe that many of the young people were loath to admit to sending and receiving sexts as they realise that it is illegal, but judging by the conversations that went on during the workshops, this is something that is happening routinely.

3 <http://newmankind.org.uk>

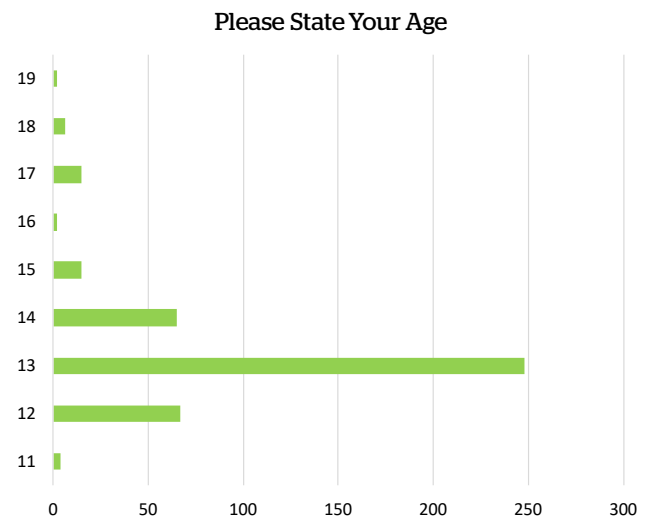


Demographics of workshop participants

56% of the young people involved in the Teenage Kicks workshops were male with the remaining 44% identifying as female. In addition to this, 94% of young people classed themselves as heterosexual, 4% bisexual and 2% other. 94% said they had no disability with the remaining 6% considering themselves to have some form of disability. See below for a breakdown of participants ages and ethnicity.



The top three most identified ethnic origins were Black African (29%), Black Caribbean (22%) and White British (14%).



58% of participants were aged 13 with 16% aged 12 and a further 15% were 14 years old.



Online Survey Results

A Survey Monkey questionnaire was live for three months and was publicised via our e-Bulletins, website and social media. Various questions were asked and comments about sexual health clinics were collected. You can see from the comments below, the data suggests mixed feelings regarding sexual health clinics.



***I think that they dealt with me very well.
I didn't feel that they were judging me.***

Usually a very helpful, friendly service. Sometimes can be a bit cold/ feel judged

They made me feel at ease.

Waiting area not young people friendly and incorrect information given, ended up going out of borough.

They were helpful and gave good information. However I was still unsure of the options.

Staff were rude, the waiting area made me feel uncomfortable and no clear information was given prior to arriving.

The staff were welcoming and they didn't judge me.

I felt like the staff were judging me for going on the contraceptive pill.

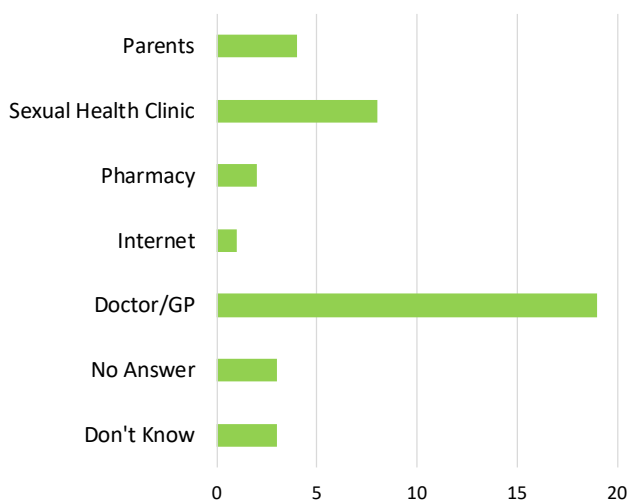
Sensitive staff who helped my situation.





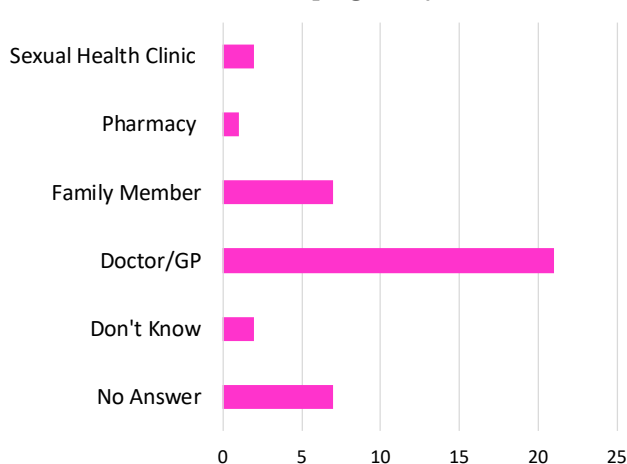
The respondents were asked that if in the future, they needed to seek help regarding contraceptives, pregnancy and STIs where would they go. The answers are as follows:

Where are you likely to go to for help or advice on contraceptives?



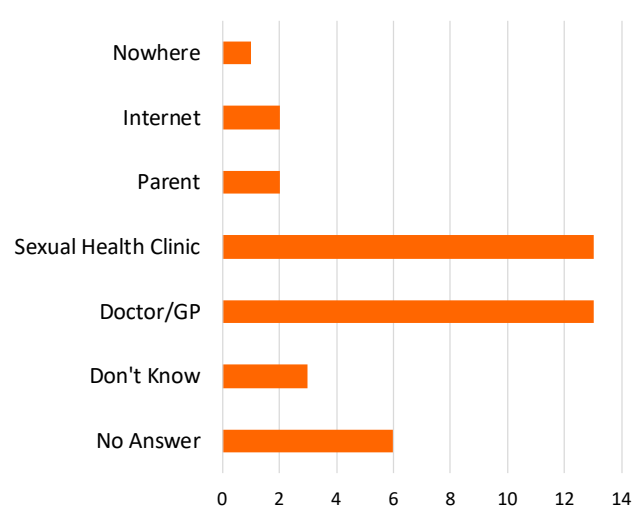
As we can see from the above chart, the GP surgery was the most popular with the sexual health clinic coming second.

Where are you likely to go to for help or advice on pregnancy?



In regards to pregnancy help and support, once again the GP was most popular, with talking to a family member being the second most popular.

Where are you likely to go for help or advice on STIs?



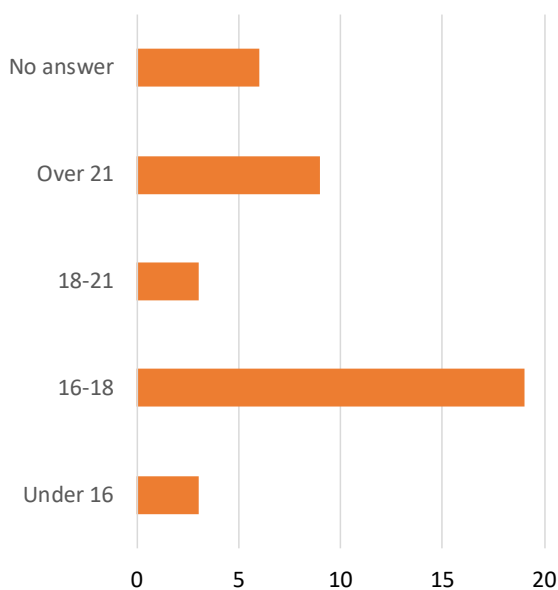
In this section concerning sexually transmitted infections, it is interesting to note that there is a large surge of young people who say they would use a sexual health clinic as opposed to visiting the GP for contraceptives and pregnancy advice.



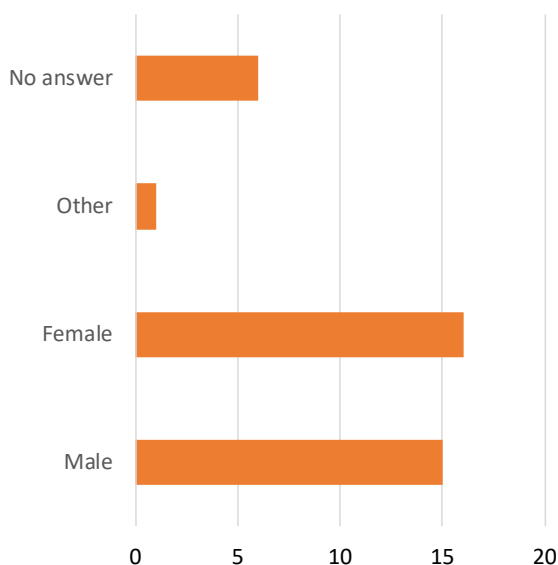
Demographics of online respondents

The online results were largely made up from 16-18 year olds (47%) with a nearly equal split of genders.

Age of Respondents



Gender of Respondents



Mystery Shopping

Seven young volunteers took part in a mystery shopping exercise which included ‘phoning local sexual health clinics and asking a variety of questions. The receptionists were rated on helpfulness, respectfulness, guidance and signposting. The length of time it took to speak to somebody was also recorded.

Seven phone calls reached the Waldron Health Centre clinic. 45 out of a possible overall score of 70 was scored by the young volunteers.

The participants were asked how helpful they found the person on the phone. One young person chose “very helpful”, five scored “quite helpful” and one chose “not helpful”.

In regards to waiting times to speak to somebody, two young people recorded that they were immediately connected to the receptionist, three said that they did not have to wait long and two explained that they had a very long wait before they could speak to anyone.

In the chart overleaf, more data is recorded. We can see that the mystery shoppers always felt they were spoken to respectfully, however four young people believed that not enough information and advice was offered.

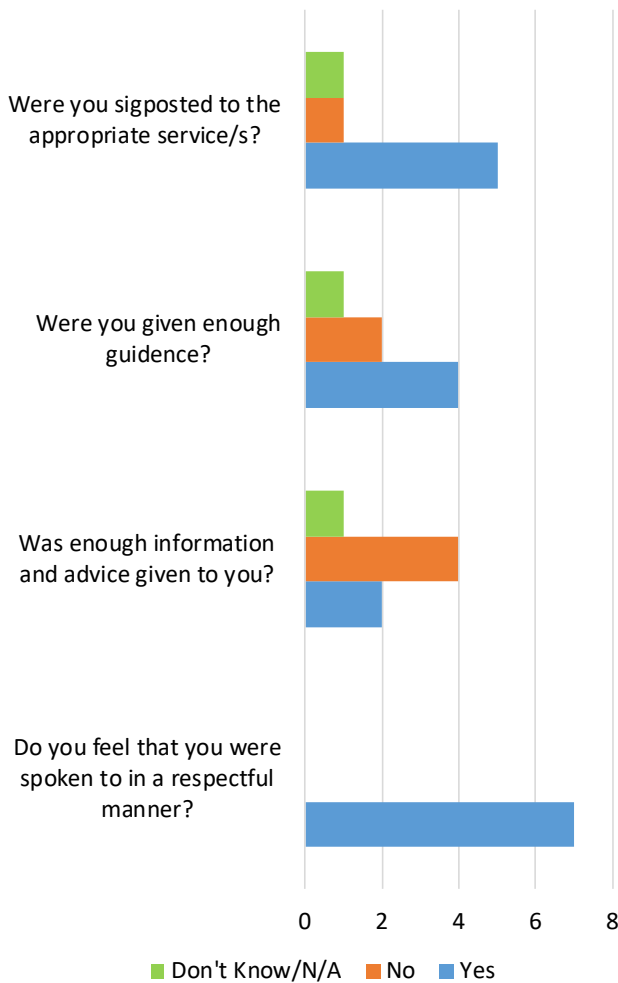
It has become evident over the course of this work that receptionists and staff are crucial when it comes to young people seeking help. They are the first point of contact for that service and their attitude could impact on the decisions the young people make. As one young mystery shopper advised “If the people on the other end of the phone aren’t nice, it makes me feel as if I wouldn’t even want to attend their clinic no matter the



issue. It doesn't take a few minutes to sound more concerned over the phone. If I could give a really bad review, I would"

because I always feel comfortable to go to a clinic because I know they are nice"

Mystery Shopping Questions



Two young volunteers tried on more than one occasion to contact the Downham Health and Leisure Centre Clinic and the Primary Care Centre but could not get through to anybody.



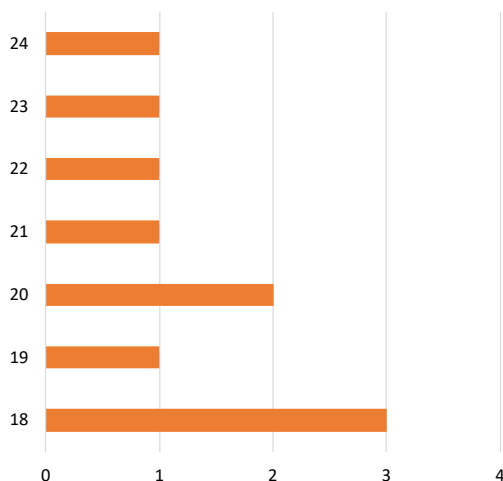
Whereas another young volunteer explained "I don't have one bad word to say, the phone call was great like any other call to the clinic I've made. I love the way it could have been so awkward but they make it seem so normal." Another mystery shopper said "I have had no problems now or in the past with speaking to the clinics, they have always been really welcoming and nice to talk to. I think it makes a big difference how you are treated,



Sexual Health Clinic Engagement

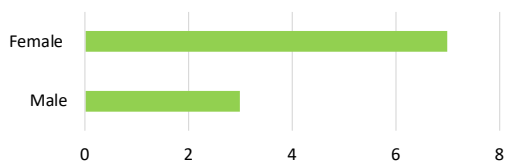
In February 2017, Healthwatch held two engagement sessions at the young people’s clinics at Downham Health and Leisure Centre and Sydenham Green Health Centre. In total we spoke to ten young people aged 18-24. The demographics are as below:

Age of respondents



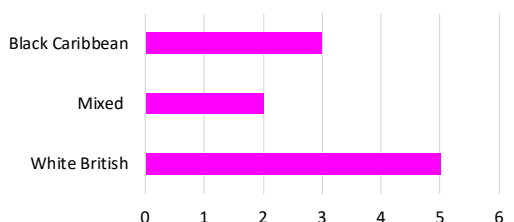
30% of young people were aged 18, the rest were between 19 and 24.

Gender



70% of the participants were female, with the remaining 30% identifying as male.

Ethnic Origin



50% of the young people surveyed at the clinics identified as White British, with 30% identifying as Black Caribbean and 20% as mixed heritage.

Feedback

From the ten people surveyed, five said they had visited the clinic to get contraceptives, four were having STI checks/treatment and one was having her implant removed due to unwelcome side effects.

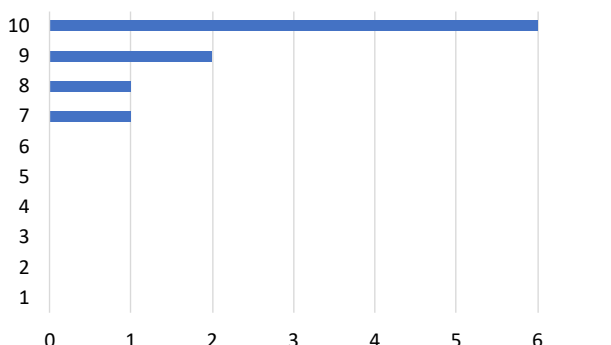
Most feedback was positive, with only waiting times being an issue. When asked to score the service on a scale from 1-10, all young people scored the clinic at 7 and above.

“The nurse was very helpful and understanding.”
Female-20

“The nurse explained to me about condom use, procedure of the STI test and to avoid any exposing photos.”
Male-18

“Very informative and friendly.”
Female-19

On a scale of 1-10 how would you rate your overall experience at the clinic today?





Conclusions and Recommendations

It has become clear of late that sexting, pornography and healthy relationships are a big focus in the media. A recent article published by the BBC reported that Plan International UK claims 75% of people think the impact of porn should be a compulsory part of the curriculum, while 7% oppose the move. Furthermore, 71% of people wanted pupils to get lessons on sexting.⁴ With this in mind and looking at the feedback forms and comments from the young people from the workshops, Healthwatch Lewisham are in agreement that such subjects should be taught to young people - and not necessarily just to the age group that may be partaking in such things. It is important to educate young people about the repercussions of sexting, pornography and healthy relationships before they reach the age where such things are becoming more common. Out of all the young people surveyed, 98% said that they had enjoyed the workshop and learned a lot. In addition to this, the young people were extremely forthcoming with their views and were open and willing to talk about what could be a sensitive subject. They were eager to learn and posed many questions.

Lots of young people complimented the fact that Lewisham has two sexual health clinics dedicated to under 25's. However, these are only in two of the four neighbourhoods (3&4) and some young people feel that there needs to be a dedicated young person's sexual health clinic in either the centre or north of the borough.

Reviews of the Sexual health clinics in Lewisham were mainly positive, with only a few young people feeling "judged" for using services.

Furthermore, through the Mystery Shopping work, some receptionists were considered to be giving out inaccurate information or the correct amount of advice. It is important that these members of staff are fully trained in signposting and advice services, as they are often the first point of contact for many young people.

Some of the young people were very vocal about who should deliver their sex and healthy relationships education. A group of young men were unhappy when during sex education, the female students were taught by a woman and the male session was led by a man. "I never knew my father" one 17 year old explained, "I am used to talking to my mother about such things, so am more comfortable talking to women." He went on to say that the male teacher focused mainly on the male anatomy and didn't talk much about the female side of things, which he said was what he was interested to learn about.

The large majority of young people that we spoke to were also unaware of the C-Card scheme (which provides free condoms to 13 to 24 year olds)

<http://www.bbc.co.uk/news/education-39096100>



In accordance with the above information, Healthwatch Lewisham provides the following recommendations:

- **Healthy teenage relationships, including information, laws and consequences around sexting and pornography should be taught to all school age children. This is something that should be compulsory and not just a “one-off” lesson.**
- **A specialised under 25’s sexual health service should be available in the north and/or central part of the borough (neighbourhoods 1&2)**
- **All staff at sexual health clinics should be trained in signposting and how to give respectful advice. This is especially important for receptionists who are often the first point of contact.**
- **Young people to have a choice in who delivers their sex education.**
- **Staff to be trained on how to deliver sessions around sensitive issues and trained on how to spot students in unhealthy relationships and offer the appropriate signposting.**
- **The C-Card scheme to be advertised more widely so that young people know that it is available and how to access it.**

Acknowledgements

Healthwatch Lewisham would like to thank all the people that took part in this project including the students and staff from Bonus Pastor Catholic College, Trinity Church of England School, Prendergast Ladywell Fields College, LeSoCo, Young Lewisham Project, The REAP Centre Youth Club and The Somerville Youth Club.

We would also like to thank the staff from the Downham and Sydenham Green Sexual Health Clinics. Also a big thank you to our young volunteers who were led by Shaana Stewart, our work placement student.



Appendix 1: Questionnaire

Teenage Kicks Survey

This survey is anonymous. The information given will be used by HWBL in order to obtain an understanding of young people's experiences, views and thoughts

Q1) When you need to talk about sex or need relationship advice, who are you most likely to speak to?

Parent	<input type="text"/>
Sibling	<input type="text"/>
Friend	<input type="text"/>
Consult Internet	<input type="text"/>
Other (Please State)	<input type="text"/>

Q2) Have you ever sent an "explicit" picture of yourself via social media or text/email?

YES	<input type="text"/>
NO	<input type="text"/>
RATHER NOT SAY	<input type="text"/>

Q3) Have you ever received an "explicit" picture?

YES	<input type="text"/>
NO	<input type="text"/>
RATHER NOT SAY	<input type="text"/>

Q4) Do you know if a friend of yours has ever sent an "explicit" picture to somebody?

YES	<input type="text"/>
NO	<input type="text"/>
DON'T KNOW	<input type="text"/>

Q5) Have you ever watched porn?

YES	<input type="text"/>
NO	<input type="text"/>
RATHER NOT SAY	<input type="text"/>

Q6) Do you have any views or ideas that you would like to express regarding what we have talked about today?

Q7) How did you find the session today?

Very useful. I learned/ contributed a lot.	<input type="text"/>
Somewhat useful. I learned/ contributed some things.	<input type="text"/>
Not at all useful. I didn't learn or contribute anything.	<input type="text"/>



Monitoring Information

I would describe my ethnic origin as:

WHITE

White British White Irish

White other

BLACK OR BLACK BRITISH

Black Caribbean Black African

MIXED

White and Black Caribbean

White and Black African

White and Asian

ASIAN

Indian Pakistani

Bangladeshi Chinese

Sri Lankan Japanese

Other (Please state)

Do you consider yourself to have a disability?

Yes No

PLEASE STATE YOUR AGE:

GENDER:

Female

Male

Other

How would you describe your sexuality:

Heterosexual (straight)

Homosexual (Gay/Lesbian)

Bisexual

Asexual

Other (Please State)

Please state which borough you live in

Many Thanks for completing this survey!

Let's Talk About Sex Lewisham



*Children and Young People's
Sexual Health and
Healthy Relationships
in the London Borough of Lewisham*

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