

SPEAKEASY NEWSLETTER 2025



Helping you to help
your children grow up
safely



SPEAKEASY IS A FREE, COMMUNITY-BASED NHS PROGRAMME FOR PARENTS/CARERS OF CHILDREN OF ANY AGE.

WE PROVIDE GROUP WORK SESSIONS AROUND ALL ASPECTS OF GROWING UP, RELATIONSHIPS AND SEXUAL HEALTH. ONE OFF SESSIONS CAN BE OFFERED, OR GROUPS CAN PICK & MIX TO CREATE A BESPOKE PROGRAMME.

WE WANT FAMILIES TO FEEL MORE KNOWLEDGEABLE, CONFIDENT & READY TO HAVE THESE CONVERSATIONS WITH THEIR KIDS.

In 2024 we worked with 117 parents & carers. Evaluations showed:



47%

Increase in overall confidence
discussing growing up, relationships
& sexual health

Increases in knowledge around ALL of
the topics we covered - including the
adolescent brain, keeping children
safe & the online world



94%

Agreed or strongly agreed
they wanted to talk about
these topics with their
children



What Else Did Participants Say About Taking Part?

Felt included,
melted
my anxiety
away

Was fun
learning
in a different
way

Confident
talking about
what I know &
not scared
to ask if I don't

Really open
& honest
group

Another
brilliant
discussion
today

NEW!

We are constantly reviewing & updating our menu of sessions. In 2025, we have 2 new sessions on offer. Like all of our topics, these are delivered over 2 hours and are interactive, with lots of room for discussion & questions:

1. Sexual Health for Young People in Tayside 'What's Trending?' An overview of themes and trends around young people's sexual health.



2. Supporting boys & Young Men - What's different for boys and young men? And what do they need from us?

Speakeasy Facilitator Spotlight

Our facilitators come from a wide range of backgrounds. These include staff from Health, Education & Third Sector organisations like Barnardos. Last year we had the pleasure of training workers from Dundee's Community Health team. They are supporting some local parents/volunteers to become facilitators too. This means parents voices stay at the heart of Speakeasy. The Community Health team cover several areas of Dundee. You can view their website www.dundeehealth.co.uk for details of their Speakeasy courses and everything else they offer.

Last year we supported <https://thechat.scot>. This is a national piece of work with parents/carers to find out what supports communication about growing up, relationships & sexual health at home. One key theme was the need for helpful resources. You can access our Speakeasy recommendations for useful books & websites using this QR code:



To find out more about the Speakeasy programme contact the co-ordinator Linzi at linzi.mckerrecher@nhs.scot or 07817 085977

NHS Tayside Sexual Health Website:
<https://shbbvtayside.co.uk/sexual-wellbeing/parents-and-carers/speakeasy-support-for-parents-in-tayside/>



We also have some E-learning modules that any adult can access free at <https://shbbvtayside.co.uk/professionals/speakeasy-training-and-resources/>