



Sexual health training 2011/12

Free sexual health training
for professionals working with
young people in Bath & North
East Somerset.

Bath & North East
Somerset Council

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Introduction

Reducing teenage pregnancy and sexually acquired infections in the young people of Bath and North East Somerset is a key priority for NHS B&NES in partnership with B&NES Local Authority.

Since the end of the teenage pregnancy strategy in 2010, B&NES can proudly boast the lowest teenage pregnancy rates in the south west region (a reduction of -21.9% since baseline figures). Chlamydia also affects 1 in 12 young people aged 13-24 which we are still battling to combat by increasing awareness and screening opportunities.

The sexual health training programme has successfully been run for over three years with participants from a variety of professions and disciplines and has been very well received. However we would like to see further professionals who work with young people attending these courses.

NHS B&NES and B&NES Local Authority work together to deliver this training programme which aims to develop the skills, knowledge and confidence of all service providers that work with young people so that they can provide non-judgemental and balanced sexual health advice and services.

This programme is aimed at any professionals that work with young people and parents/carers throughout Bath and North East Somerset.



Principles

This training programme has been developed with the latest evidence and supporting policies in relation to sexual health and young people. The evaluation results from the 2010-11 training programme has also been used to develop almost every course within this programme.

This training programme aims to comply with the 'Recommended Quality Standards for Sexual Health Training' (2005, Department of Health). The guidance underlines that the ultimate aims of training should be to:

- 'Prepare training participants to offer high quality person-centred services
- Enable training participants to be competent in practical skills where appropriate
- Prepare training participants to support young people to make informed sexual health and relationship choices.'

And as a result training should:

- 'Prepare staff to support individuals and groups to manage their own sexual health in ways that are enjoyable, safe and consensual
- Develop and promote an understanding of individual and collective rights and responsibilities in relation to sexual health
- Play a part in the reduction of inequalities, particularly in relation to sexual health education and sexual health service provision and delivery
- Support and promote partnership, multi-agency and multi-disciplinary approaches where appropriate
- Highlight evidence-based guidelines and best practice where appropriate
- Challenge discrimination, stigma and prejudice. This includes striving to provide equality of opportunity, valuing diversity and creating safe, co-operative, yet challenging training environments in which people can feel motivated and supported to challenge.'

How to apply and what you need to know before applying

All courses are free to those working with young people and / or parents/carers in the Bath and North East Somerset area.

All courses are aimed at groups of mixed abilities and differing professional backgrounds.

Courses are delivered through a variety of locations in Bath and North East Somerset. Venues printed in this brochure however are subject to change.

To book a place on any course, you can email your details and the details of the course you wish to attend to sexualhealthtraining@bathnes.gov.uk – or alternatively you can complete the application form on the back of this booklet.

Places are usually awarded on a first come, first served basis. However, if a course is oversubscribed we shall secure a place for the participant on the next available course date.

Non-attendance

If you are unable attend a course you must give a minimum of 24 hours notice prior to the course date. If you do not advise us of cancellation by 10am the day before the course, you will be charged £25 for a half day course or £50 for a full day course. You may be taking up a place of someone who can attend, and the course could be undersubscribed as a result.

Courses aim to start and finish on time, so it is recommended that you arrive at least 15 minutes before the course is due to start giving plenty of time to register and have some refreshments.

It is expected that participants will stay for the duration of the course and course times are planned to allow for child-care arrangements. Participants leaving early can impact on others so it is recommended that you ensure that you have sufficient cover to allow you to attend the course in full.

Bespoke / In house training

If you feel the training courses provided in this brochure don't meet your needs then please get in contact to discuss the possibility of offering bespoke training to meet your sexual health training needs.

All courses can be provided in house free of charge but only if venue (and any associated costs) is provided by the requesting organisation and that there is a minimum of six participants. There also needs to be an acceptable reason for why potential participants cannot attend the set programme.

If you have any further questions or queries regarding this booklet or training then please do not hesitate to contact Steve Maddern on **01225 831487** / steve.maddern@banes-pct.nhs.uk or Marcia Burgham on **01225 477065** / marcia_burgham@nathnes.gov.uk

Timetable of training

Course No	Course name	Date/s
1	Basic Attitudes and Values in Sexual Health	Wednesday 27 April 2011 Tuesday 20 September 2011
2	Becoming a SAFE branded service	Tuesday 12 July 2011 Wednesday 12 October 2011
3	C-card Training	Tuesday 12 July 2011 Wednesday 12 October 2011
4	The sexual health needs of LGBT young people	Tuesday 8 November 2011
5	Understanding Sexually Acquired Infections	Monday 6 June 2011 Monday 14 November 2011
6	HIV and Hepatitis Awareness	Monday 6 June 2011 Monday 14 November 2011
7	Sexual Health and Risk Taking Behaviours	Tuesday 14 June 2011 Thursday 9 February 2012
8	Contraceptive choice including LARC	Tuesday 11 October 2011 Tuesday 6 March 2012
9	Training for Health Receptionists	Tuesday 4 October 2011 Tuesday 26 January 2012
10	Abortion: Dilemma and decisions	Thursday 10 November 2011
11	Strategies to support the sexual needs of young people with learning disabilities	Tuesday 15 November 2011 Thursday 23 February 2012
12	Faith in Sex	Wednesday 19 October 2011
13	Sexual health training for professionals working with parents	Tuesday 5 July 2011 Tuesday 13 March 2012
14	NHS B&NES community pharmacist sexual health accreditation training event	Thursday 7 July 2011 October 2011 (TBC)

Course 1

Basic Attitudes and Values in Sexual Health

This one day training course is designed for anyone who is working with young people. It is essential for staff who work for a SAFE branded service or those who deliver the C card scheme.

Staff can attend one of the training dates listed below, or this training can be delivered to staff teams in their workplace.

Aim:

To provide a basic understanding of issues relating to young people's sexual health.

Learning outcomes:

By the end of the session, participants will be able to:

- Briefly describe the current situation of teenage sexual health; nationally and locally.
- Improve confidence in discussing different sexual attitudes and behaviours
- Recognise the range of attitudes and values that people have about young people's sexual health.
- Describe what is legal and illegal under the Sexual offences Act.
- Signpost young people to appropriate sexual health services

Course dates, venues and times:

Wednesday 27 April 2011 – 10am-4pm

Tuesday 20 September 2011 – 10am-4pm

Course 2

Becoming a SAFE Branded Service

The SAFE branding scheme, based on quality criteria for young people friendly services, is for all organisations in B&NES which provide sexual health information, support and advice to young people. It is key that local services strive towards achieving and maintaining the SAFE quality standards so that when young people see the SAFE logo, they know they'll get a quality service. For NHS settings, the SAFE criteria are fully in line with the current DH *You're Welcome* initiative. Thus SAFE acts as a stepping stone to meeting the *You're Welcome* standards.

If you are considering becoming a SAFE branded service, you should attend this training.

Learning outcomes:

By the end of the session participants will:

- Understand the background and development of SAFE branding
- Understand the SAFE branding criteria and have an awareness of *You're Welcome* quality criteria.
- Have started to complete a SAFE action plan or
- Will be working towards their SAFE annual review.
- Be up to date with the SAFE resources

Course dates, venues and times:

Tuesday 12 July 2011 – 10am-12.30pm

Wednesday 12 October 2011 – 10am-12.30pm



Course 3

Condom Card (C-card) Training

The C card scheme is a free condom distribution scheme, enabling young people between the ages of 13 and 24 to access free condoms from various locations across B&NES. If you are new to a service which provides the C card scheme, you must come on this training to enable you to provide the scheme. We are also encouraging new services to become C card providers- so this training is also for you!

Participants may benefit from attending the attitudes and values in sexual health training before attending this course, but this is not a pre-course requirement.

Outcomes:

- Understand the local and national context of why C-card schemes are needed
- Understand the C card scheme, and how to provide C card registrations and ongoing supplies.
- Be up to date with other key local initiatives and developments including Chlamydia screening, and community pharmacy sexual health services.
- Become competent in completing a condom demonstration

Course dates, venues and times:

Tuesday 12 July 2011 – 1.15pm-4pm

Wednesday 12 October 2011 – 1.15pm-4pm

Course 4

Working with Lesbian, Gay, Bisexual and Transgendered (LGBT) Young People

To develop awareness and confidence in working with LGBT young people.

Participants may benefit from attending the attitudes and values in sexual health training before attending this course, but this is not a pre-course requirement.

Aim:

To provide a basic understanding of issues surrounding LGBT young people, access to services and their individual health needs.

Learning outcomes:

By the end of the session all participants will be able to:

- Raise awareness how homophobia can prevent LGBT young people from accessing services
- Raise awareness of support available for those with LGBT needs
- Acquire information to support young people

Course dates, venues and times:

Tuesday 8 November 2011 – 1.15pm-4pm

Course 5

Understanding Sexually Acquired Infections

This training is designed for those with limited knowledge of sexually acquired infections (SAI). It is suitable for those working in any setting including education, health, youth work and social care, who wish to work more effectively with their current group in raising awareness about SAI's. This session is run in conjunction with the Sexual health and HIV Medicine team.

Participants may benefit from attending the attitudes and values in sexual health training before attending this course, but this is not a pre-course requirement.

Aim:

To enable participants to promote positive sexual health through increased knowledge of SAI's, prevention and available support.

Learning outcomes:

By the end of the session, participants will be able to:

- Describe the symptoms, transmission and treatment of common sexually acquired infections.
- Give reasons for why young people do not always access sexual health services.
- Discuss attitudes towards sexually acquired infections.
- Feel confident about discussing SAI's with young people.

Course dates, venues and times:

Monday 6 June 2011 – 10am-12.30pm

Monday 14 November 2011 – 1.15-4.00pm

Course 6

Understanding HIV and Hepatitis

This training is designed for those with little or no knowledge of HIV or Hepatitis. It is suitable for those working in any setting including education, health, youth work and social care, who wish to work more effectively with their current group in raising awareness about HIV and hepatitis. This session is run in conjunction with the Sexual Health and HIV Medicine team.

Participants may benefit from attending the attitudes and values in sexual health training and understanding sexually acquired infections before attending this course, but this is not a pre-course requirement.

Outcomes:

- Understand the reality people living with HIV face in the UK today.
- Describe the symptoms, transmission and treatment of common HIV and Hepatitis.
- Give reasons for why young people do not always access sexual health services.
- Discuss attitudes towards these infections.
- Feel confident about discussing HIV and Hepatitis with young people.

Course dates, venues and times:

Monday 6 June 2011 – 1.15pm-4.00pm

Monday 14 November 2011 – 10am-12.30pm

Course 7

Sexual Health and Risk Taking behaviours

This course is designed to examine some risk taking behaviours which can impact on an individual's sexual health. Forty percent of young people said they did not use contraception on at least one occasion whilst drinking. Alcohol and drug use are increasingly interlinked with sexual health concerns in young people. It is important to therefore examine what the problems are, and how as professionals we can help young people to minimise any detrimental effects on their sexual health.

Participants may benefit from attending the attitudes and values in sexual health training before attending this course, but this is not a pre-course requirement.

Learning outcomes:

- To understand the problems surrounding risk taking behaviours and how they can affect sexual health.
- To increase your confidence in discussing risk taking behaviours with young people.
- To know where to access drug and alcohol support for young people.
- To familiarise yourself with the project ASH (Alcohol and Sexual Health)- and how to use the brief intervention toolkit.

Course dates, venues and times:

Tuesday 14 June 2011 – 10am-4pm

Thursday 9 February 2012 – 10-4pm

Course 8

Contraceptive choice including LARC

This training is designed to enable non-clinical staff to have an awareness of contraceptive choices including Long Acting and Reversible Contraception (LARC) and ways to communicate these effectively to young people.

Participants may benefit from attending the attitudes and values in sexual health training before attending this course, but this is not a pre-course requirement.

Learning outcomes:

By the end of the session participants will:

- Be aware of the range of contraceptive choices available to young people
- Have an awareness of the social context of young people's lives which influence their choice of methods.
- Feel confident in talking to young people about the range of choices including LARC methods.
- To know where to signpost young people to appropriate services or further information.

Course dates, venues and times:

Tuesday 11 October 2011 – 10am-12.30pm

Tuesday 6 March 2012 – 1.30pm-4pm

Course 9

Training for Health Receptionists

A training programme for receptionists working in health settings. The programme draws on working with young people and engages receptionists in thinking about their own practice with young people. The course raises awareness of the key issues that affect young people's behaviour in clinics and explores the ways receptionists interact with young people. The course is designed to explore these issues and to allow open discussion by the participants. In line with DH *You're Welcome* quality criteria.

Learning outcomes:

- Understand the key issues affecting young people's behaviour in health settings.
- Receptionists will be able to reflect on their own practice with young people.
- Open discussion to allow opinions and concerns to be aired, and to exchange ideas and practices.

Course dates, venues and times:

Tuesday 4 October 2011 – 7pm-9pm

Tuesday 26 January 2012 – 7pm-9pm

Course 10

Abortion: Decisions and Dilemmas

A one day cross-sector training course on abortion for professionals working to support young people around unintended pregnancy in education, health and youth work. Professionals in education, health and youth work often say that they want to be able to support young people to make informed decisions about pregnancy and abortion, but often feel that abortion is too daunting a topic to address.

Participants may benefit from attending the attitudes and values in sexual health training before attending this course, but this is not a pre-course requirement.

Course aims:

- To raise awareness and understanding of teenage pregnancy and abortion so that professionals can facilitate constructive discussion of the issues and equip young people to make and act on informed choices
 - To enable practitioners to provide clear information and supportive advice about abortion to young people
 - To facilitate reflection of personal attitudes and values and how they impact on professional practice
-

Outcomes – by the end of the course participants will:

- Be able to explain the importance of addressing abortion with young people and professionals
 - Have considered their own and other's view points on pregnancy and abortion and reflected on how these might influence their work with young people
 - Be able to use a range of exercises to facilitate discussion of abortion with young people in group work/education
 - Feel more confident in delivering abortion education within Sex and Relationships Education
 - Have considered practical ways of supporting a young person to make an informed decision about pregnancy and feel more confident in doing so
 - Understand key policies relating to young people, abortion, confidentiality and the law.
-

Course dates, venues and times:

Thursday 10 November 2011 – 9.30am-4pm

Course 11

Sexual Health and Learning Disabilities

A course aimed at improving your skills when working with young people who have a learning disability in a sexual health and relationships context. Suitable for anyone who ever comes into contact with young people with learning disabilities in their sexual health role.

Participants may benefit from attending the attitudes and values in sexual health training before attending this course, but this is not a pre-course requirement.

Learning outcomes:

By the end of the session participants will:

- Understand the misgivings of parents and colleagues
 - The use of pictures and their pitfalls – how they can help and hinder
 - Teaching social and sexual skills to people with learning disability
 - Understand and feel confident using appropriate resources
 - Knowledge of how best to work with parents
 - Knowledge of where and how to access resources.
-

Course dates, venues and times:

Tuesday 15 November 2011 – 10am-4pm

Thursday 23 February 2012 – 10am-4pm

Course 12

Sexual Health training for those working in faith settings

A sexual health training session for staff working with young people in any faith setting.

Learning outcomes:

- Understand the importance of positive sexual health for all young people
- Leave with a knowledge of local young people's services.
- Understand any conflicts between faith and the sexual health needs of young people.
- Learn how to hold your own values whilst recognising sexual health needs of young people.
- How to embrace difference and diversity within this context.

Course dates, venues and times:

Wednesday 19 October 2011 – 7pm-9pm

Course 13

Sexual Health training for professionals working with parents

This day is aimed at professionals who deliver training to parents in Bath & North East Somerset.

Participants may benefit from attending the attitudes and values in sexual health training before attending this course, but this is not a pre-course requirement.

Learning outcomes:

- To understand the range of sexual health services offered to young people in B&NES.
- To enable sexual health information to be incorporated into parenting programmes.
- For professionals to help parents talk to their young people about sexual health matters.

Course dates, venues and times:

Tuesday 5 July 2011 – 10am-12.30pm

Tuesday 13 March 2012 – 10am-12.30pm

Course 14

Pharmacist Accreditation Event for the Community Pharmacy Sexual Health Enhanced Service

Community pharmacists wishing to provide the NHS B&NES sexual health enhanced service in B&NES pharmacies must complete a four part accreditation:

- CPPE Emergency Hormonal Contraception
- CPPE Safeguarding Children
- CRB check
- Attendance at NHS B&NES event (this course!)

This event completes the accreditation process and is open to any pharmacists who wish to provide the service or need to move from temporary to permanent accreditation status.

Learning objectives:

- Understand service provision including service tiers, accreditation process, CRB checks, paperwork, referrals and signposting
- Understand why we need to provide EHC, how to improve provision
- Give pharmacists a teenage pregnancy and STI overview
- Understand patient group directions (PGD's) and the legal aspects of medication provision via this route

This course is run in conjunction with public health improvement, medicines management and the contraceptive and sexual health services.

Course dates, venues and times:

Thursday 7 July 2011 – 6.30pm-9.30pm

Event 2: October 2011 – time to be confirmed

Training booking form

To book a place on any course, complete and return the slip below at least 3 weeks before the training date you have chosen. Alternatively email all details to sexualhealthtraining@bathnes.gov.uk.

All training is offered **free** to anyone currently working with young people in Bath & North East Somerset. You must have prior approval from you manager before booking on any course. **A fee will be charged to your manager if you fail to attend, or fail to give sufficient notice if you cannot attend.**

Name _____

Job Title _____

Organisation _____

Manager's name _____

Address _____

Email _____

Tel _____

Please tick course required:

- | | | |
|--------------------|--------------------------|---|
| Wed 27 April 2011 | <input type="checkbox"/> | Basic Attitudes and Values in Sexual Health |
| Mon 6 June 2011 | <input type="checkbox"/> | Understanding Sexually Acquired Infections |
| Mon 6 June 2011 | <input type="checkbox"/> | HIV and Hepatitis Awareness |
| Tues 14 June 2011 | <input type="checkbox"/> | Sexual Health and Risk Taking Behaviours |
| Tues 5 July 2011 | <input type="checkbox"/> | Sexual health training for professionals working with parents |
| Thurs 7 July 2011 | <input type="checkbox"/> | NHS B&NES community pharmacist sexual health accreditation training event |
| Tues 12 July 2011 | <input type="checkbox"/> | Becoming a SAFE branded service |
| Tues 12 July 2011 | <input type="checkbox"/> | C-card Training |
| Tues 20 Sept 2011 | <input type="checkbox"/> | Basic Attitudes and Values in Sexual Health |
| Tues 4 Oct 2011 | <input type="checkbox"/> | Training for Health Receptionists |
| Tues 11 Oct 2011 | <input type="checkbox"/> | Contraceptive choice including LARC |
| Wed 12 Oct 2011 | <input type="checkbox"/> | Becoming a SAFE branded service |
| Wed 12 Oct 2011 | <input type="checkbox"/> | C-card Training |
| Wed 19 Oct 2011 | <input type="checkbox"/> | Faith in Sex |
| Oct 2011 (TBC) | <input type="checkbox"/> | NHS B&NES community pharmacist sexual health accreditation training event |
| Tues 8 Nov 2011 | <input type="checkbox"/> | The sexual health needs of LGBT young people |
| Tues 10 Nov 2011 | <input type="checkbox"/> | Abortion: Dilemma and decisions |
| Mon 14 Nov 2011 | <input type="checkbox"/> | Understanding Sexually Acquired Infections |
| Mon 14 Nov 2011 | <input type="checkbox"/> | HIV and Hepatitis Awareness |
| Tues 15 Nov 2011 | <input type="checkbox"/> | Strategies to support the sexual needs of young people with learning disabilities |
| Tues 26 Jan 2012 | <input type="checkbox"/> | Training for Health Receptionists |
| Thurs 9 Feb 2012 | <input type="checkbox"/> | Sexual Health and Risk Taking Behaviours |
| Thurs 23 Feb 2012 | <input type="checkbox"/> | Strategies to support the sexual needs of young people with learning disabilities |
| Tues 6 March 2012 | <input type="checkbox"/> | Contraceptive choice including LARC |
| Tues 13 March 2012 | <input type="checkbox"/> | Sexual health training for professionals working with parents |

Please return completed application forms to: Ted Head, Children's Services, Bath and North East Somerset Council, PO Box 25, Riverside, Temple Street, Keynsham, BS31 1DN, or email sexualhealthtraining@bathnes.gov.uk.

For more information about any of the courses, please contact Steve Maddern, sexual health improvement specialist on 01225 831487 or Marcia Burgham on 01225 477065