



Sexual Health Training

Hull, 2011/12



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Please note:

Payment for all fee paying training must be made at time of application for training. Your request will not be processed if this is not made.

Cancellations within 2 weeks prior to the event or failure to attend/ complete fee paying courses will incur full charge.

The Sexual and Reproductive Health Care Partnership Training Department in Partnership with Cornerhouse

Dr Marian Everett, MB, ChB, FFSRH,
Consultant in Sexual and Reproductive Health, General Training Programme
Director DFSRH for Hull & East Yorkshire

Christine Hornsby,
Training Coordinator

Dr Uday Joshi, FRCP (UK), Dip Ven,
Consultant in Genitourinary Medicine and HIV Medicine, General Training
Programme Director STIF course for Hull & East Yorkshire

Dr Usha Kuchimanchi, FRCP,
Consultant in Genitourinary Medicine and HIV Medicine

Tish Lamb,
C.E.O., Cornerhouse

Jane Shepherdson, BA(Hons), IFL Associate, C&G 7302,
Workforce Development Officer, Cornerhouse

Jem Sutherland, BA, C&G 7307,
Health Promotion Specialist and Non-Clinical Training Lead

Carol Totterdell,
Integrated Team Leader Sexual Health, RN, Nurse Independent Prescriber,
Autonomous Practitioner, ENB 901, C&G 730(6),

Neil Wade,
Boys and Young Men's Coordinator

The Sexual and Reproductive Health Care Partnership and
Cornerhouse also run numerous updates, workshops and conferences
throughout the year.

If you want to be added to our mailing list please contact Christine
Hornsby or Helen Phillips (details on page 4).

For bespoke sessions, tailored to your individual needs in your own
workplace or other training enquiries please contact either:

Carol Totterdell
Email: carol.totterdell@chcphull.nhs.uk
Tel: 01482 303515

or Jane Shepherdson
Email: to@wearecornerhouse.org or shepherdson101@hotmail.com
Tel: 01482 327044

Training Contract 2011/12

This contract refers to the Training Course detailed below. The contract is “an agreement between the course provider, manager and participant”.

Course providers agree to:

- Clearly set out the aims and objectives of the course;
- Provide hand-outs for participants as necessary;
- Ensure the course is evaluated and results are used to inform future training.

As manager of the participant I agree to:

- Ensure the suitability of the participant to undertake training, following assessment of training needs, willingness to attend and commitment of the individual;
- A commitment to release the participant for the duration of the course;
- Ensure that the participant is free from all work commitments during training;
- Fee paying courses only—ensure that payment is made before the participant accesses the course.

As a participant I agree to:

- Participate in the entire course;
- Ensure that I am free of work commitments for the duration of the course;
- Complete the course in full;
- Inform the training contact if I cannot attend (at least five working days in advance for free courses and two weeks for fee paying);
- Complete any further evaluations as requested.

Participant's name	Date: _____
Participant's signature	Date: _____
Manager's name	Date: _____
Manager's signature	Date: _____
Course provider signature	Date: _____

Booking contacts

Christine Hornsby,
Training & Events Coordinator,
Conifer House, 32-36 Prospect Street, Hull,
HU2 8PX,

Tel: 01482 336353
Email: christine.hornsby@chcphull.nhs.uk
(Available: Mon, Wed, Fri)

Angela King
Secretary to the Health Promotion Team,
Conifer House, 32-36 Prospect Street, Hull,
HU2 8PX

Tel: 01482 366166
Email: angela.king@chcphull.nhs.uk

Helen Phillips
Administration Manager,
Cornerhouse (Yorkshire), 29 Percy Street,
Hull, HU2 8HL

Tel: 01482 327044
Email: helen41@myway.com

Booking form

Please photocopy as required

Name

.....

Job title

.....

Organisation/Agency

.....

.....

Work address

.....

.....

.....

Work email

.....

Work tel

.....

Course to be attended

.....

Course date, 1st choice

.....

Course date, 2nd choice

.....



Free training
for clinical and
non clinical staff

Introduction to Sexual Health (Level 1)

Facilitated by Jane Shepherdson

Date	Time	Venue
Thurs 14 Apr, 2011	1pm–4:30pm	Boulevard Resource Centre
Tues 07 June, 2011	1pm–4:30pm	Boulevard Resource Centre
Wed 14 Sep, 2011	9:30am–1pm	Boulevard Resource Centre
Thu 10 Nov, 2011	9:30am–1pm	Boulevard Resource Centre
Wed 25 Jan, 2012	9:30am–1pm	Boulevard Resource Centre
Thurs 06 Mar, 2012	9:30am–1pm	Boulevard Resource Centre

Contact Helen Phillips with completed form.

Connexions workers, youth workers and

Social Services workers:

please contact your line manager/HR/Training Lead as applicable for dates and venues for your organisation.

Aim

This half day training session is designed as the first step for anyone looking to gain the knowledge and confidence to support young people around sexual health issues.

Learning outcomes

- Knowledge of up to date and accurate information to promote safer sex and contraception;
- An understanding of the nature and transmission risk of STIs (Sexually Transmitted Infections including HIV and AIDS);
- Awareness of where to access and signpost to local sexual health services;
- A practical overview of sex and the law.

Target

Everyone providing support, information and services in sexual health; for example: family support workers, youth workers, PSHE teachers, connexions staff, school nurses, health visitors.

Supporting Young People: Sexual Wellbeing (Level 2)

Facilitated by Jane Shepherdson

Aim

Participants will explore sex and relationship education while being offered practical strategies to integrate promoting positive sexual health into current working practices.

Learning outcomes

- An understanding of the appropriate use of sexual language and terminology;
- How to engage and challenge young people about sexual health issues, particularly in relation to sensitive or problematic situations;
- Understand and acknowledge the issues faced by young people relating to sexuality and sexual wellbeing;
- The opportunity to apply and integrate current trends in sexual health training.

Target

Those providing support, information and services in sexual health; for example: family support workers, youth workers, PSHE teachers, connexions staff, school nurses, health visitors.

Participants must have completed **Introduction to Sexual Health**.

Date	Time	Venue
Wed 09 Mar, 2011	9:30am–4:30pm	Boulevard Resource Centre
Thurs 12 May, 2011	9:30am–4:30pm	Boulevard Resource Centre
Thurs 14 July, 2011	9:30am–4:30pm	Boulevard Resource Centre
Tues 18 Oct, 2011	9:30am–4:30pm	Boulevard Resource Centre
Wed 07 Dec, 2011	9:30am–4:30pm	Boulevard Resource Centre
Thurs 16 Feb, 2012	9:30am–4:30pm	Partnership Learning Centre, Helmswell Ave

Contact Helen Phillips with completed form.

Connexions workers, youth workers and

Social Services workers:

please contact your line manager/HR/Training Lead as applicable for dates and venues for your organisation.

Working Effectively with Boys and Young Men

Facilitated by Neil Wade

Date	Time	Venue
Mon 14 & Tues 15 Mar, 2011	9:30am–4pm	Boulevard Resource Centre
Mon 13 & Tues 14 June, 2011	9:30am–4:30pm	Boulevard Resource Centre
Mon 05 & Tues 06 Sept, 2011	9:30am–4:30pm	Boulevard Resource Centre

Contact Helen Phillips with completed form.

Connexions workers, youth workers and Social Services workers:

please contact your line manager/HR/Training Lead as applicable for dates and venues for your organisation.

Aim

This two-day course is designed to provide participants with an understanding of the issues that affect boys and young men in relation to sexual wellbeing.

The course provides a safe environment for participants to explore a variety of ways of effective working with boys and young men.

Target

Open to anyone providing support, information and services in sexual health; for example primary care staff, school & community nurses, voluntary sector staff, youth workers, PSHE teachers, connexions staff.

Learning outcomes

- To reflect on current practice when working with boys and young men;
- To explore and identify worker values in relation to perceived behaviours (social and emotional) of boys and young men;
- To acquire knowledge of effective ways of working with boys and young men;
- To gain an understanding of the sexual health needs of boys and young men.

Aim

This training package provides participants with a basic understanding of the issues relating to gay men, lesbians and bisexuals.

There is a particular emphasis on practical action that can be taken within primary care settings in order to improve access and patient experience for this marginalised group.

Learning outcomes

- Understanding of homophobia and heterosexism and their impact on client experience;
- Overview of relevant research;
- Challenging homophobic language, myths and stereotypes;
- Identifying priorities for change in the workplace.

Target

Workers providing support, information and services in sexual health, particularly GPs, general practice staff, acute staff, school and community nurses, voluntary sector workers, youth workers, Connexions P.A.s and PSHE teachers.

Date	Time	Venue
Wed 16 Mar, 2011	9:30am–12:30pm	Seminar Room, Conifer House
Fri 16 Sept, 2011	9:30am–12:30pm	Seminar Room, Conifer House
Wed 28 Mar, 2012	9:30am–12:30pm	T.B.C.

Contact Angela King with completed form.

Sexuality and Young People

Facilitated by Jane Shepherdson

Date	Time	Venue
Thurs 03 Mar, 2011	9:30am–1pm	Partnership Learning Centre, Helmswell
Tues 21 June, 2011	9:30am–1pm	Boulevard Resource Centre
Tues 04 Oct, 2011	9:30am–1pm	Boulevard Resource Centre
Weds 29 Feb, 2012	9:30am–1pm	Boulevard Resource Centre

Contact Helen Phillips with completed form.
Social Service workers: Contact Gill Ralph.

Connexions workers, youth workers and Social Services workers:
please contact your line manager/HR/Training Lead as applicable for dates and venues for your organisation.

Aim

This training package provides participants with a basic understanding of the issues relating to young people and expressing their sexuality.

Learning outcomes

- Exploring definitions of sexuality and how our expressions of sexuality can impact on our behaviours and wellbeing;
- Challenging homophobic/discriminatory attitudes and practices towards gay, lesbian and bisexual young people;
- Understanding the possible outcome of overt and covert homophobia;
- Identifying opportunities for integrating learning into working practice.

Target

Voluntary sector workers, youth workers, social workers, foster carers, Connexions P.A.s and PSHE teachers.

No Rush – No Regrets

Facilitated by Jem Sutherland and Jane Shepherdson

Aim

To equip those working with young people in the field of sexual health service provision with the understanding and skills to help support young people to delay sex, until they feel ready to make positive and informed choices.

Learning outcomes

- To look at the causes and effects of early sex and current research findings;
- To understand the role played by media and peer pressure in early sex;
- To explore a range of practical ways of working with young people to help them to make positive and healthy decisions for themselves;
- To gain skills to hand on to young people in how to say 'no' and resist pressure;
- To focus on alternatives to having sex for example in terms of exploring intimacy and sensuality in non-sexual ways;
- To consider the role played by friendships, supportive adults and professionals in supporting delay;

- To reflect on ways in which we can offer guidance and support to young people about delaying early sex;
- To try out a new approach to building young people's self esteem;
- To plan ways in which to implement the course learning, how to integrate these approaches into all aspects of practice and how to present and develop this work with young people.

Target

Open to anyone offering direct sexual health support, services, education and advice to young people.

Date	Time	Venue
Thurs 17 & Fri 18 Mar, 2011	9:30am–4:30pm	Partnership Learning Centre, Helmswell Ave
Tues 20 & Wed 21 Sept, 2011	9:30am–4:30pm	Partnership Learning Centre, Helmswell Ave
Tues 21 & Wed 22 Feb, 2012	9:30am–4:30pm	Partnership Learning Centre, Helmswell Ave

Contact Helen Phillips with completed form.

Connexions workers, youth workers and Social Services workers:

please contact your line manager/HR/Training Lead as applicable for dates and venues for your organisation.

Promoting the Positive Sexuality of Older People in Residential Care

Facilitated by Jane Shepherdson

Date	Time	Venue
Tues 01 Mar, 2011	10am–4:30pm	Partnership Learning Centre, Helmswell Ave

Contact Helen Phillips with completed form.

Aim

This one-day course aims to raise the awareness of sexual health issues relating to elderly residents, offering workers the opportunity to increase their confidence and skills to engage with these issues.

Target

Suitable for anyone working in the residential care of older people.

Learning outcomes

- Increase knowledge of rights, legislation and policy issues;
- Gain skills and awareness in addressing issues of sexuality;
- Address values and attitudes and their impact;
- Gain awareness of resources.

Promoting the Positive Sexuality of People with Learning Disabilities

Facilitated by Jane Shepherdson

Aim

This one-day course aims to give workers an awareness of the sexual health rights of people with learning disabilities and the knowledge, confidence and skills to apply inclusive practice.

Target

Suitable for anyone working with people with learning disabilities.

Learning outcomes

- Increase knowledge of rights, legislation and policy issues;
- Gain skills and awareness in addressing issues of sexuality;
- Address values and attitudes and their impact;
- Gain awareness of resources.

Date

Wed 24 June, 2011

Time

10am–4:30pm

Venue

Boulevard Resource Centre

Contact Helen Phillips with completed form.

Connexions workers, youth workers and

Social Services workers:

please contact your line manager/HR/Training Lead as applicable for dates and venues for your organisation.

Supporting Parents: Sexual Wellbeing (two-day course)

Facilitated by Jane Shepherdson & Tish Lamb

Date	Time	Venue
Tues 05 & Wed 06 July, 2011	9:30am–4:30pm	Boulevard Resource Centre

Contact Helen Phillips with completed form.

Connexions workers, youth workers and Social Services workers:

please contact your line manager/HR/Training Lead as applicable for dates and venues for your organisation.

Aim

To increase worker confidence and skills so that they can engage with parents to promote talking to children about issues of sexual health and wellbeing.

Learning outcomes

The course is designed to develop worker skills and knowledge around sexual health. This will include exploring:

- What are the barriers for parents in talking to their children about sexual health?
- How the worker can help the parent find solutions to these barriers?
- Information about sexual health and services available
- What is appropriate?
- Increased confidence.

Target

Anyone who works with families and/or parents.

In November 2007, the Department for Education and Skills released a strategy entitled **“Every Parent Matters”** and within it there were a number of references to parents discussing sexual health with their children. One of the key points raised was:

“Frank and unembarrassed discussion about risk taking also helps young people develop skills to make safe and informed choices.”
For example, **“teenagers who can discuss sex and relationships with their parents openly, and without embarrassment, start having sex later in life and are more likely to use contraception.”**

Delivering Sexual Health Training

Facilitated by Jane Shepherdson

Aim

This three-day course in line with the recommended quality standards for sexual health training (DH, 2005), will give participants the opportunity to explore and reflect on effective ways to deliver SRE (sex and relationships education) and engage with young people.

Target

The course is designed for anyone who is, or will be, delivering sexual health training and needs to reflect on or update their current practice.

Learning outcomes

- Explore and develop a sensitive and appropriate style of delivery;
- Understand the need for a safe and cooperative training environment;
- The opportunity to engage with a variety of methods and materials appropriate for SRE delivery;
- Gain an understanding of their role as a facilitator to positively challenge discrimination, stigma and prejudice within a social and holistic model of sexual wellbeing.

Date

Thurs 29,
Fri 30 Sept &
Fri 07 Oct, 2011

Time

9:30am–4:30pm

Venue

Boulevard Resource Centre

Contact Helen Phillips with completed form.

Connexions workers, youth workers and

Social Services workers:

please contact your line manager/HR/Training
Lead as applicable for dates and venues for
your organisation.

Homophobic Bullying

Facilitated by Jem Sutherland

Date	Time	Venue
Wed 13 Apr, 2011	9am–1pm	Seminar Room, Conifer House
Tues 15 Nov, 2011	1pm–4pm	Seminar Room, Conifer House

Contact Angela King with completed form.

Alternatively, training can be delivered in your workplace. If you feel that your school would benefit from support and training—based on Stonewall’s Education for All Campaign—the Sexual and Reproductive Healthcare Partnership can help.

Aim

To understand the issues surrounding homophobic bullying, how to challenge homophobic behaviour and identify practical ways in which workers can address and prevent homophobic bullying.

Target

Governors, head teachers, teaching staff, youth workers and school nurses.

Learning outcomes

- To recognise the effects of homophobic bullying on young people and the schools and colleges where it takes place;
- To be aware of the forms of homophobic bullying and the young people it may affect;
- To recognise the behaviours and cultures that sustains homophobic bullying and how to adopt approaches to tackle these;
- To be aware of the usefulness and limitations of anti-bullying campaigns.

Pornography Awareness Training

Facilitated by Jem Sutherland

Aim

This half day course aims to enable workers to discuss the issue of pornography with young people within a clear context.

Target

Open to anyone offering direct sexual health support, services, education and advice to young people.

Learning outcomes

- To have a basic understanding of the types of pornography available to young people and its potential effects on their wellbeing;
- To be aware of recommended standards of best practice and requirements when working with young people who may be affected by pornography;
- To be able to facilitate discussion regarding pornography with young people;
- To be able to help young people realise and manage the detrimental effects that pornography may have.

Date

Tue 04 Oct, 2011

Time

1pm–4pm

Venue

Seminar Room,
Conifer House

Contact Angela King with completed form.

Pregnancy Testing

Facilitated by Carol Totterdell

Date	Time	Venue
Mon 11 Apr, 2011	2pm–4pm	Conifer House
Mon 24 Oct, 2011	2pm–4pm	Conifer House

Contact Christine Hornsby with completed form.

Aim

To increase access to confidential and accurate pregnancy testing and early referral for unplanned pregnancy.

Learning outcomes

- To be able to undertake a pregnancy test safely;
- Comply with Health & Safety regulations regarding safe disposal of waste;
- Have an awareness of the menstrual cycle and factors which may affect it;
- Be able to give simple advice and refer on where necessary.

Target

Open to clinical and non clinical staff working with women of child bearing age who need access to rapid and confidential pregnancy testing—e.g. sexual health and community nurses and support workers, voluntary sector and youth workers.

Chlamydia Screening via the “CASPHER” Programme

Facilitated by the CASPHER team

Aim

To enable clinical and non-clinical staff to provide easy access to non invasive, confidential Chlamydia testing for young people under the age of 25 years.

Target

Open to clinical and non clinical staff working young people aged under 25 years needing access to easy, confidential Chlamydia testing.

Learning outcomes

- To understand the rationale for local and national testing;
- To be able to explain testing and results process to clients;
- To be able to undertake testing;
- To be able to comply with Health & Safety regulations regarding safe disposal of waste.

Date	Time	Venue
Mon 11 Apr, 2011	1pm–2pm	Conifer House
Mon 24 Oct, 2011	1pm–2pm	Conifer House

Contact Christine Hornsby with completed form.



Fee-paying training for health care professionals

Some courses are free to CHCP and Cornerhouse staff—see individual courses for details.

Supply of Emergency Hormonal Contraception by Patient Group Direction (PGD) — Accredited by The Royal College of Nursing

Dates

Wed 15 June &
Thur 14 July, 2011

Fri 04 Nov &
Thur 01 Dec, 2011

Further details supplied on application.

Cost

£250 per applicant.

Contact Christine Hornsby with completed form.

This is a two-day course aimed at first level registered nurses with a commitment to reducing unplanned pregnancy in all age groups, for example those working in sexual health, general practice, school nursing or health visiting.

A feedback day is also provided following successful completion of the course. A Family Planning Qualification is not required for this course.

Aim

The course aims to develop the skills and knowledge needed to provide clients with emergency hormonal contraception (EHC) using PGDs.

Learning outcomes

- Be able to assess a client's suitability for EHC and supply the drug safely;
- Understand the physiological effects of EHC; risks and benefits to clients;
- Be aware of own professional accountability in relation to use of PGDs, impact on own practice and the team.

Participants should be prepared to undertake some personal study as formal assessment by Objective Structured Clinical Examinations (OSCES) will be undertaken on day two.

Long Acting Reversible Contraception “Fit & Forget” Workshop

Aim

To reduce unplanned pregnancy by increasing access to advice and information.

Objectives

- To understand the methods available;
- To be able to explain where and how clients may access these;
- To be able to briefly explain how the methods work;
- To be able to briefly explain advantages and disadvantages.

Target

Open to clinical and non clinical staff working with young people and older clients needing advice regarding contraception.

Date

Mon 16 May, 2011

Mon 14 Nov, 2011

Time

2pm–4pm

2pm–4pm

Venue

Conifer House

Conifer House

Cost

£30 per applicant. Free to CHCP employees and Cornerhouse staff.

Contact Christine Hornsby with completed form.

Emergency hormonal contraception (EHC) update

Date	Time	Venue
Fri 30 Sep, 2011	1pm–4pm	Conifer House

Cost

£50 per applicant. Free to CHCP employees.

Contact Christine Hornsby with completed form.

Aim

To maintain & improve professional skills and knowledge in the giving of emergency contraception to women.

Learning outcomes

- To understand new developments regarding EHC;
- To be able to explain how one's own professional practice is affected;
- To be able to meet with peers in confidential case discussion;
- To be aware of any changes to practice relating to the use of PGDs.

Target

Essential for all nurses who have undertaken initial training to supply Levonelle under PGD.

Fitting of Contraceptive Devices—Implanon, IUD/IUS

Lead Trainer: Dr. Marian Everett

Aim

To reduce unplanned pregnancy by increasing the provision of long acting reversible contraception.

Learning outcomes

- Have an understanding of the way the method works;
- Be able to explain risks and benefits to clients;
- Have an awareness of own professional accountability in relation to this role.

Target

This training is aimed at doctors and first level registered nurses with a recognised qualification in Family Planning.

Individual training can be arranged by contacting Christine Hornsby—see page 4.

Cost

Supplied on application.

Diploma of the Faculty of Sexual and Reproductive Healthcare (DFSRH) Course

Course Leader: Dr. Marian Everett

Date

Thu 14 April, 2011

Cost

Available on application.

Contact Christine Hornsby with completed form.

Aim

The course aims to equip candidates with the knowledge, skills and attitudes necessary to deliver effective contraceptive and sexual health care to clients of all ages.

Participants must register for an e-portfolio at www.fsrh.org and will then receive login details for the e-learning package which covers the theoretical aspects of training.

Once the e-learning package is complete and the delegate has a Certificate of Completion of the e-SRH then the delegate must access a "Course of Five".

This is for doctors who have completed the e-learning component of the diploma of the Faculty of Sexual & Reproductive Health. It consists of five one hour sessions with fixed content and specific assessments and comprises all of the elements of the DFSRH Training Programme.

The course will provide you with an opportunity to apply the knowledge from the e-learning SRH to clinical scenarios.

You can ask questions that have arisen from the e-SRH. Nine assessments for the DFSRH will be made during the Course of Five.

Please note you cannot access the Course of Five if you do not have a certificate of completion of the e-SRH.

The "Course of Five" is followed by practical training in community sexual health clinics. This would normally comprise 4-5 clinical sessions during which assessments will be made, tutorials given and reflective practice encouraged.

Target

Doctors who wish to provide contraception and sexual health services to clients of all ages.

Nurses may access the e-SRH but at present cannot gain DFSRH qualification.

Sexually Transmitted Infections Foundation (STIF) Course (1 or 2 days)

Accredited by the British Association of Sexual Health & HIV (BASHH)

Course Leader: Dr. Uday Joshi

Aim

To equip participants with the basic knowledge, skills and attitudes for the effective management of sexually transmitted infections (STIs).

Learning outcomes

By the end of the course candidates should:

Knowledge

- Describe the principles of STI service provision;
- Describe the issues relating to confidentiality, partner notification and treatment;
- Demonstrate basic knowledge of the epidemiology and the factors involved in the transmission of STIs and how to prevent transmission;
- Demonstrate basic knowledge of common STIs, their presentation, diagnosis and management;
- Describe when to refer patients.

Skills

- Demonstrate competence in sexual history;

- Demonstrate the skills necessary to inform patients on reducing their risk of STIs and unplanned pregnancy;
- Optimise care pathways through improved links with local GU Med/Sexual Health and microbiology.

Attitudes

- List the ways in which the lifestyle and circumstances of patients may reflect in their presentation and impact on their management;
- Demonstrate an appreciation and acceptance of the range of human sexuality, lifestyles, culture and the impact this has on transmission/prevention counselling;
- Describe how one's personal beliefs could affect the consultation.

Target

Multidisciplinary clinicians from primary, family planning, secondary care clinicians who may encounter patients with STIs (e.g. Obs & Gynae, Rheumatology, Ophthalmology, A&E).

Day 1, STIF Foundation day

Core day. Attendance at this is the prerequisite before progressing onto the competency assessments required for level 1 & 2 services.

Day 2, STIF Plus

Covers the additional topics of syphilis, hepatitis, clinical HIV and genital dermatology. This day is suitable for clinicians looking to extend their skills or as a refresher for those who have previously undergone previous STIF courses.

Course dates and cost available on application to Christine Hornsby—see page 4.



