

Somerset Sexual Health Training Programme 2017



Promoting and improving positive, holistic sexual health and wellbeing and reducing health inequalities in Somerset.



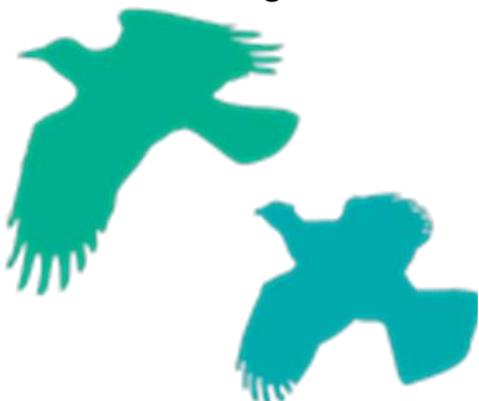
Introduction

Promotion and improving positive holistic sexual health and wellbeing and reducing health inequities in Somerset

The Sexual Health Framework for Sexual Health improvement in England (published March 2013, designed to support the commissioning of Sexual Health services), across the life course (section 2), including a key ambition for the sexual health of under 16s and with particular regard to the provision of high quality relationships and sex education for all young people to meet their different needs at different times.

This ambition sets out the need for public health providers to build knowledge and resilience among young people and ensure that they have the confidence and resilience to understand the benefits of loving, healthy relationships and delaying sex.

Our training programme has been designed to help meet these ambitions and we continue to work to address rates of teenage pregnancy and promote positive sexual health. Our aims to decrease the local under 18 conception rate and increase the detection rate of chlamydia in young adults remain targets.



Training strategies and aims

This training programme includes: Multi-agency training as well as training focused on the needs of particular staff groups. It aims to ensure that Somerset's statutory, voluntary and community sector workforce are equipped with the skills and knowledge required to support young people to make informed choices about relationships and sexual health.

The Department of Health's Recommended Standards for Quality Sexual Health Training states the following factors affect people's ability to make informed choices about their sexual and reproductive health:

- > A sense of positive self-esteem
- > To have accurate information
- > The acquisition and development of practical skills, such as negotiating and effective use of condoms
- > An understanding of rights and responsibilities towards ones and others

This training programme aims to work to these national recommended standards and hence will adopt a holistic approach that addresses far more than factual, biological information and will include reflection on values and attitudes that underpin this work. It also aims to consistently address sexual health inequalities.

Training principles & the training team

Training values and principles

All training delivered will be underpinned by the following values and principles taken from the national recommended standards for quality sexual health training:

- > Sex can be a positive, pleasurable and life enhancing part of our experience.
- > Sexual health is central to everyone's health and wellbeing.
- > Everyone has the right to feel safe and respected in exploring and expressing their sexuality, providing their sexual behavior does not result in exploitation, oppression, physical or emotional harm.

Everyone has the right to:

- > Access confidential, accessible, respectful and non-judgmental support and advice.
- > Receive high quality relationship and sex education, information, support and advice.
- > Be treated with dignity

The training team

Andrew Wilson - Health Promotion Manager (Sexual Health), Public Health, Somerset County Council

Sarah Davies - Young People's Outreach and Exploitation Nurse. SWISH Services

Marina Hanham - Young People's Nurse, SWISH Services

Kerry Lucas - Clinical lead Chlamydia Screening Programme and Nurse, SWISH Services

Kate Darlington - Youth and Community Worker, Somerset County Council

Kirstie Brown - Youth and Community Officer, Somerset County Council

Zara Scott-Davies - Youth and Community Officer, Somerset County Council

Mark Rowland - Targeted Prevention Worker and C-Card coordinator. The Eddystone Trust

Anne Parker - Community HIV and Sexual Health Worker. The Eddystone Trust

James Mead - Community HIV and Sexual Health Worker. The Eddystone Trust

Lisa Snowdon-Carr - Youth Worker, Co-Director 2BU Somerset

Application to attend Training events

All applications for our courses are done online using the hyperlinks listed at the end of the programme. Course materials will be available after the course on the login area of the SWISH website, details of which you will be given on the training day.

The booking process requires certain information including a tick box which informs us that your manager is aware, and has approved your application. Please ensure that they do, as by ticking the box you are agreeing that this is the case.

This process will generate an automated confirmation e-mail. However, if we have a large number of applications from one work place we may have to reduce the number of confirmed places from that team to provide a balanced multi-agency mix which forms part of the strength of these courses.

If this were to happen we would contact the team / organisation and work that through with them.

Please note

Lunch will **not** be provided at any of the training events. However, regular tea & coffee will be provided during the day.

If you require special or decaffeinated drinks, please bring your own.

Contact info:

Sue Habgood
Public Health—PP B3 South 2
Somerset County Council,
County Hall
Taunton, TA1 4DY
sjhabgood@somerset.gov.uk

If you have any questions, please call 01823 357247



**CHECK
IT OUT!**

Important Information

There will be no charge made for Somerset staff attending these training events.

However, please note that **cancellation within 10 days of the course will result in your organisation being invoiced a fee of £50.**

Training Venues

This programme will see courses delivered in three different venues please check the grid on Page 13

Street Youth Centre, Street

Street Youth Centre, Strode Rd, Street, BA16 0AS. There is a small pay and display car park opposite the venue and larger car parks in the town of Street itself. Details of car parks here <http://goo.gl/1SUKzI>

Flook House, Taunton

Flook House, Belvedere Road, Taunton, TA1 1BT. There is Pay and Display parking by the venue and additional car parks in Taunton.

Details of car parks here <https://goo.gl/685plO>

Frogmary Green Farm, South Petherton

West Street, South Petherton TA13 5DJ.

There is free parking here; the training will take place in the conference area on the left as you arrive at the farm.

Please do not use satellite navigation to get to the farm. The postcode is for the whole farm site and you could end up getting lost!

From M5 Junction 25 (Taunton):

At motorway roundabout take A358 to Ilminster

Straight through Henlade

Across at the traffic lights at Thorn Falcon and follow road for about 8 miles

At roundabout take 1st exit onto A303 signposted to London

At next roundabout take 4th exit signposted to Ilminster (past an Esso garage on left) do not turn off this road until next roundabout

At Lopenhead roundabout (with Lopen Raj restaurant on right) take 3rd exit into narrow lane. Follow this road under a bridge and 100m on left is entrance to the farm

From A303 London Direction:

Follow A303 to South Petherton roundabout.

At the roundabout take the 2nd exit signposted to Ilminster (past an Esso garage on left) do not turn off this road until next roundabout

At Lopenhead roundabout (with Lopen Raj Restaurant on right) take 3rd exit into narrow lane. Follow this road under a bridge and 100m on left is entrance to the farm.

The Basics

Contraception and Sexual Health

This **whole-day** course is designed for staff whose role involves brief interventions with young people (aged 11-19 years old) and who need a working knowledge of the services, resources and signposting for contraceptive and sexual health services in Somerset.

The training aims to provide basic information on:

- > Legislation
- > The most common STIs
- > The chlamydia screening programme
- > A holistic model of sexual health
- > Contraception (including abortion services)
- > Resources for young people

Learning objectives

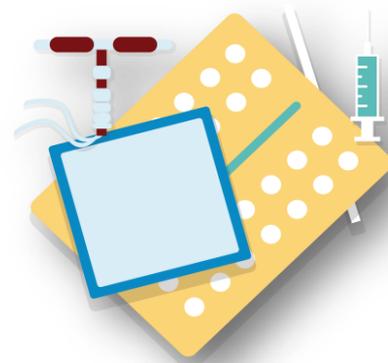
By the end of the training, participants will:

- > Understand basic information concerning sexually transmitted infections
- > Have a clear understanding of the Chlamydia Screening Programme and how to use it
- > Understand the legal framework including Fraser Guidelines, confidentiality and consent
- > Understand basic information concerning current contraceptive methods
- > Be able to locate local integrated sexual health services for young people
- > Be familiar with the resources available for young people in Somerset

Who should attend?

This training is aimed at staff working with young people including:

- > Teachers, School Support
- > Staff & Teaching Assistants
- > PFSA's
- > School Nurses
- > Health Visitors
- > Youth Offending Team
- > Promise Mentors
- > PCSO's
- > getset Workers
- > Foster Carers



Course time

10am – 16:00

C-Card Training

Somerset Condom Card Scheme

To attend this **half-day** course you **must** also attend 'The Basics'. Ideally this would be before this course, which is designed to enable staff to become C-Card issuers under the Somerset C-Card scheme.

Aims

This training aims to enable staff to better respond to sexual health issues in their work with young people, and enable staff to become confident about issuing condoms under the Somerset C-Card scheme and offering a chlamydia testing kit.

Learning objectives

- > Be familiar with the background of the C-Card
- > Understand young people's issues around the use of condoms
- > Know what key messages to give young people about condoms and their use
- > Know how to use a condom correctly and how to show young people
- > Be able to register and issue condoms using the web based data collection system
- > Be familiar with the Somerset Chlamydia Screening Programme
- > Be familiar with resources to support the work around condom use and safer sex

Who should attend?

This training is aimed at staff working with young people including:

- > CAMHS Staff
- > PFSA's
- > Youth Worker
- > Targeted Youth Support
- > Emotional Health and Wellbeing Workers
- > School Nurses
- > School Support Staff
- > Social Care Workers
- > Youth Offending Team Staff
- > CAMHS Staff
- > PFSA's
- > Social Care Workers
- > Youth Offending Team Staff
- > getset Workers
- > PCSO's



Course Time

10am – 13:00

21st Century Kids

The challenges of young people's choices and relationships

This **whole day** course is designed to explore two of the issues facing young people today, the use of social media and child sexual exploitation. The course is aimed at professionals who work with young people who have increased vulnerabilities. These are likely to include young people in looked-after settings, those in touch with the criminal justice system or those excluded or who are not attending mainstream education

Who should attend?

This training is aimed at staff and foster carers working with young people who are looked after or are in leaving care, foster care, youth offending and pupil referral unit settings, or any other role where targeted work to address the above issues is needed.

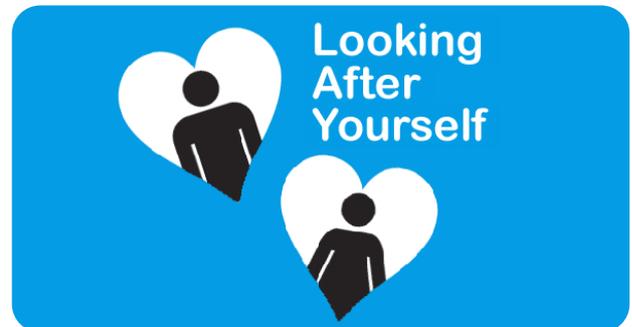
Aims

This training aims to explore and challenge issues relating to:

- > Social Media and digital safety
- > Sexting / Nudes
- > Grooming
- > Child Sexual Exploitation

Course Time

10am – 16:00



Learning objectives

By the end of the training, participants will:

- > Have a greater knowledge and understanding around the issues and their impact on vulnerable groups
- > Be better equipped to identify warning signs in relation to child sexual exploitation, and grooming and what steps take.
- > Gain confidence in being able to deliver preventative education, as well as more targeted interventions with young people
- > Be able to use practical strategies in one-to-one or group settings

Supporting Lesbian, Gay, Bi-sexual And Transgender Young People

Young people who identify as lesbian, gay, bi-sexual or transgender are likely to need extra support and acceptance to counteract feelings of exclusion, isolation and sometimes condemnation. A recent study indicated 55% of LGBT young people have experienced homophobic bullying at school.

Aims

This **whole day** course aims to enable staff to understand some of the issue that may face LGBT young people, which can lead to poor health outcomes, including sexual health. It also explores how work to incorporate positive messages can help an LGBT young person move toward a healthy self-acceptance.



Learning objectives

- > Understand the links between discrimination of LGBT young people and poorer sexual health outcomes
- > Appreciate what LGBT young people identify as sexual health issues and what support they want from adults
- > Understand how to support young people throughout the process of 'coming out'
- > Be able to use practical skills for establishing rights based, inclusive practice within the work environment

Who should attend?

This training is aimed at staff working with young people including:

- > CAMHS Staff
- > PFSA's
- > Youth Worker
- > Targeted Youth Support
- > Emotional Health and Wellbeing Workers
- > School Nurses
- > Teachers and School Support Staff
- > Social Care Workers
- > Youth Offending Team Staff
- > getset Workers
- > Foster Carers

Course time

10am – 16:00

Strong Women and Girls (Female staff only)

This training day has been designed for female staff and taken exercises and inspiration from the 2002 Go Girls training by Jo Adams. Jo's publication of 'Supporting Girls Emotional Development and Building Self Esteem' still remains core/central to SWAG (Strong Women & Girls), 15 years later.

Aims

The training still works with a holistic model of self-esteem and emotional development. It will explore the benefits of gender specific work with young women and girls in a current climate of mixed political and social messages, contradictory role models and the influential use of social media.



Course time

10am – 4pm

Learning objectives

- > Understand the theory of self-esteem.
- > Understand the importance of working with the holistic model of self-esteem.
- > Know about what helps in positively building self-esteem.
- > Understand the importance of aspirations, ambitions and goal setting.
- > Develop skills on how to support young women to manage difficult feelings.
- > Understand the issues for young women and sex and sexual behaviours.
- > Develop practical skills strategies and exercises for this work.

Who should attend?

Staff who work with young people and are able to offer positive opportunities for emotional and social development including:

- > Leaving care workers.
- > Those working with young people who are looked after.
- > Those working with young mums.
- > Those wanting to do specific gender group work.
- > Youth Offending Team
- > Targeted Youth Support
- > Clinic Volunteers
- > Foster Carers

Man's World

Society, the media and peers continually reinforce the image of what a 'real man' should be, putting young men on a tightrope of masculinity from which they often find it hard to deviate.

Aims

This training looks at how the pursuit of the 'real man' image puts young men under enormous pressure to achieve something that is often unattainable, and explores what we can do to help redress this.



Course Time

10am – 4pm

Learning objectives

- > Give staff an understanding of the way many young men feel about who they are and their role in society.
- > Understand how boys learn to be men
- > Have an understanding of the inner and outer worlds of boys and young men
- > Have increased confidence and skills to support emotional development and build self-esteem
- > Provide resources that can be used for either a one off session or to form a complete programme of work that will help young men increase their emotional literacy, build self-esteem & promote a positive self-worth

Who should attend?

Staff who work with young people and are able to offer positive opportunities for emotional and social development including:

- > Leaving care workers.
- > Those working with young people who are looked after.
- > Those working with young mums.
- > Those wanting to do specific gender group work.
- > Youth Offending Team
- > Targeted Youth Support
- > Foster carers
- > getset Workers
- > Clinic Volunteers

HIV – Let's get talking

Has HIV gone off our radar?

This half day course will provide an opportunity to gain understanding of HIV transmission and prevention; and to explore some of the main issues that HIV+ people face living in the south-west today.

Facilitated by the Eddystone Trust

Learning objectives:

- > Understand the difference between HIV and AIDS
- > Understand the main routes of transmission of HIV and dispel myths on those that don't
- > Understand the different HIV prevention strategies available in the UK
- > Understand some of the main issues that can affect HIV+ people living in the South West
- > Be more confident to talk to colleagues and service users about HIV; and to devise suitable awareness messages to them
- > Be more aware of resources and support services

Course Times

10am – 1pm



Who should attend?

This training is aimed at staff working with young people including:

- > CAMHS Staff
- > PFSA's
- > Youth Worker
- > Targeted Youth Support
- > Emotional Health and Wellbeing Workers
- > School Nurses
- > School Support Staff
- > Social Care Workers
- > Youth Offending Team Staff
- > CAMHS Staff
- > PFSA's
- > Social Care Workers
- > Youth Offending Team Staff
- > getset Workers
- > PCSO's

Training Dates Overview

Somerset Sexual Health Training Programme

The Basics 10am till 4pm	<ul style="list-style-type: none"> • Thursday 30th March • Tuesday 30th May • Thursday 14th September • Thursday 7th December 	YMCA Street Youth Centre YMCA Street Youth Centre Frogmary Green Farm Frogmary Green Farm
C-Card 10am till 1pm	<ul style="list-style-type: none"> • Wednesday 29th March • Tuesday 13th June • Monday 2nd October • Thursday 14th December 	<u>All</u> at Flook House
21st Century Kids 10am till 4pm	<ul style="list-style-type: none"> • Tuesday 4th April • Wednesday 12th July • Thursday 9th November 	YMCA Street Youth Centre YMCA Street Youth Centre Frogmary Green Farm
Supporting LGBT Young People 10am till 4pm	<ul style="list-style-type: none"> • Wednesday 24th May • Thursday 26th October 	YMCA Street Youth Centre Frogmary Green Farm
SWAG	<ul style="list-style-type: none"> • Thursday 29th June • Tuesday 19th September 	YMCA Street Youth Centre Frogmary Green Farm
Man's World 10am till 4pm	<ul style="list-style-type: none"> • Thursday 27th April • Friday 29th September 	Flook House
HIV let's get talking 10am till 1pm	<ul style="list-style-type: none"> • Friday 19th May • Friday 13th October 	Flook House



Course Application Links

Somerset Sexual Health Training 2017

Click on the link or copy and paste the link into your browser to get to the registration page of the training course you wish to attend

The Basics - 30 th March	https://www.eventbrite.co.uk/e/the-basics-sexual-health-registration-32318306926
The Basics - 30 th May	https://www.eventbrite.co.uk/e/the-basics-sexual-health-registration-32321960855
The Basics - 14 th September	https://www.eventbrite.co.uk/e/the-basics-sexual-health-registration-32321932771
The Basics - 7 th December	https://www.eventbrite.co.uk/e/the-basics-sexual-health-registration-32322457340
The C-Card - 29 th March	https://www.eventbrite.co.uk/e/c-card-training-registration-32322525544
The C-Card - 13 th June	https://www.eventbrite.co.uk/e/c-card-training-registration-32322667970
The C-Card - 2 nd October	https://www.eventbrite.co.uk/e/c-card-training-registration-32322711099b
The C-Card - 14 th December	https://www.eventbrite.co.uk/e/c-card-training-registration-32322741189
21 st Century Kids - 4 th April	https://www.eventbrite.co.uk/e/21st-century-kids-registration-32322820426
21 st Century Kids - 12 th July	https://www.eventbrite.co.uk/e/21st-century-kids-registration-32323031056
21 st Century Kids 9 th November	https://www.eventbrite.co.uk/e/21st-century-kids-registration-32323070173
Supporting LGBT YP - 24 th May	https://www.eventbrite.co.uk/e/supporting-lgbt-young-people-registration-32323108287
Supporting LGBT YP – 26 th Oct.	https://www.eventbrite.co.uk/e/supporting-lgbt-young-people-registration-32323546598

SWAG - 29 th June	https://www.eventbrite.co.uk/e/strong-women-and-girl-swag-registration-32324693027
SWAG - 19 th September	https://www.eventbrite.co.uk/e/strong-women-and-girl-swag-registration-32325086203
Man's World 27 th April	https://www.eventbrite.co.uk/e/mans-world-registration-32325178479
Man's World 29 th September	https://www.eventbrite.co.uk/e/mans-world-registration-32325523511
HIV Let's get talking -19 th May	https://www.eventbrite.co.uk/e/hiv-lets-get-talking-training-registration-32324543580
HIV Let's get talking – 13 th Oct.	https://www.eventbrite.co.uk/e/hiv-lets-get-talking-training-registration-32324654913



If you want to discuss anything pertaining to the training courses please contact:

Sue Habgood

Telephone: 01823 357247 (Tuesday –Thursday)

publichealth@somerset.gov.uk (Monday -Friday)