

Training Programme

April 2010 to March 2011



Sexual Health Training Pool

- Someone with a smile
- Attitudes & Values
- Faith, Values and SRE
- Condom Promotion
- Sex, Young People and the Law
- Contraception and STI's
- RU Ready?
- Abortion; decisions and dilemmas
- Boys Own
- Training the Trainer

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Introduction

Our Philosophy

The Bolton Sexual Health Training Pool believes that sexual health is not just the absence of disease; it is an important part of our physical and mental health and that all local services should be inclusive, accessible. We value diversity and the right to informed choice.

Sexual health affects us all whether it be in a personal or professional capacity. The National Strategy for Sexual Health and HIV (2001) identified the need for.....

'..... all staff engaged in delivering services to be trained in core skills such as attitudes, awareness, communication skills and a understanding of sexuality and relationships.'

Our courses

Our courses have been developed to enable all professionals working with adults and young people to gain skills and confidence to discuss relationships and sexual health in their work place with the people they support in an open and honest manner.

We aim to make our courses as participatory as possible and all our courses are delivered in a safe and friendly environment. We embrace diversity and acknowledge and value the importance of a range of views and opinions.

All courses are designed and delivered to support the following evidence base:

- National Strategy for HIV and Sexual Health (DoH, 2001)
- Recommended standards for Sexual Health Services (MedFASH)
- Effective Sexual health Promotion: a Toolkit (DoH, 2003)
- Sexual Offences Act 2003 (Home Office Website)
- Choosing Health: Making Healthy Choices Easier (DoH, 2004)
- You're Welcome (DoH, 2007)
- Every Child Matters (2004)
- Teenage Pregnancy: an overview of the research and evidence (NICE, 2004)
- Quality Standards for Sexual Health Training (DoH, 2005)

All of our courses are provided **free** of charge at either Bolton PCT Learning and Development department based at Pikes Lane or the Parish Church Hall, Silverwell Street, Bolton. **Lunch is not provided for any of our courses, but there will be a refrigerator available to use and refreshments throughout the day(s)**

How to Apply

By Post:

Complete and return the application form included in this programme (you may use the same form for multiple courses) to:

Natalie Rennie, Sexual Health Training Pool Coordinator.
3rd Floor, Paderborn House, Civic Centre
Bolton BL1 1JW

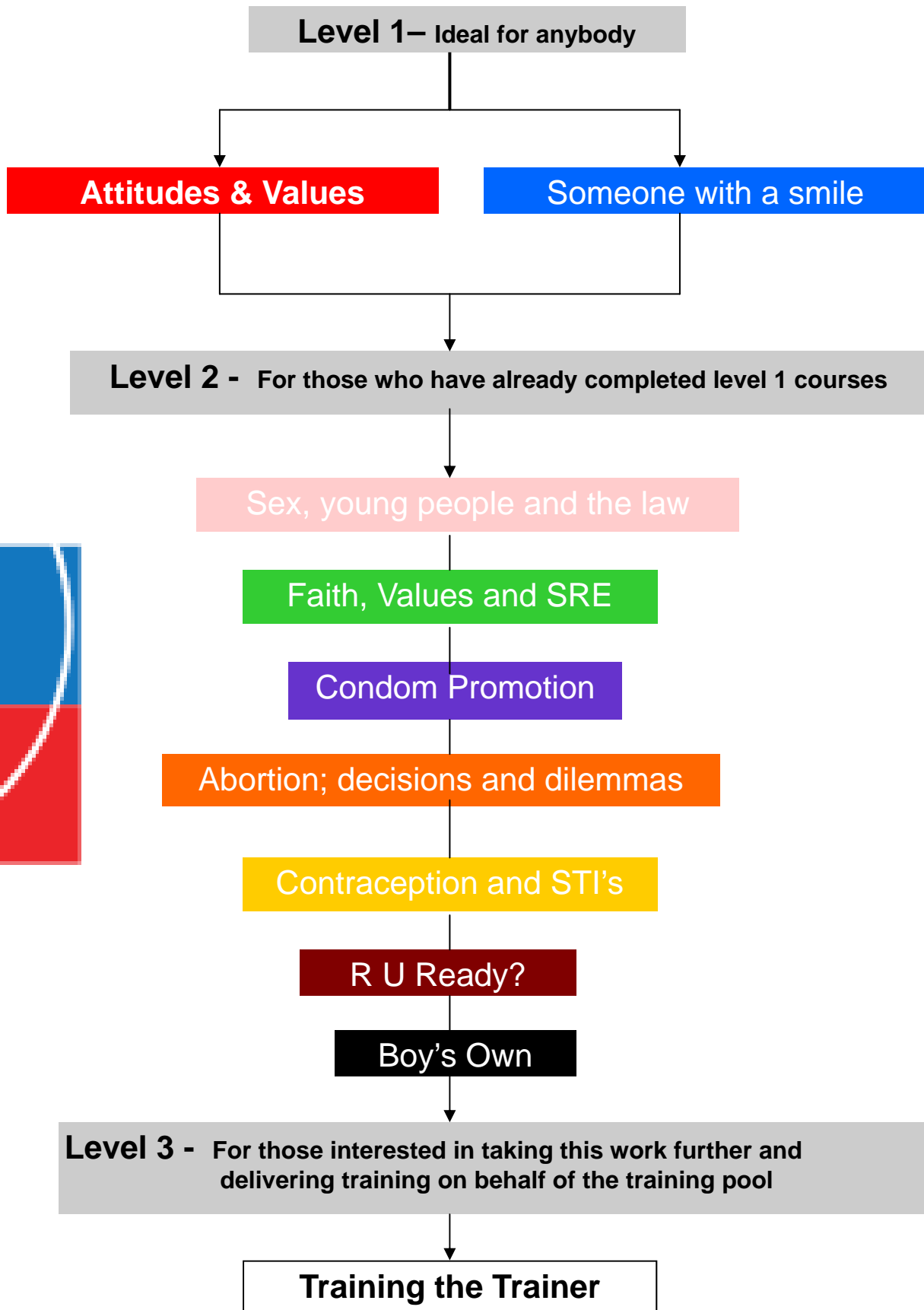
By email:

Contact the sexual health training pool coordinator for an application form on:
natalie.rennie@bolton.gov.uk. **NB: March to September 2010, please email yvonne.dickenson@bolton.gov.uk**

Terms and Conditions:

All cancellations of places must be done in writing by post, fax or email and must be made a week prior to the start date, failure to comply will result in a fee of £30 being charged to your agency. This applies to all applicants and includes non-attendance and participants not fully completing the course (unless in exceptional circumstances)

Course Levels



Please note: It is not essential, however the training pool advises that where possible participants undertake the Values and Attitudes training, previously called Basic Sexual Health Awareness before other courses as it will provide participant with a baseline to work from through the rest of the courses.

Someone with a smile

Aims

To provide participants with an understanding of the Department of Health's, '*You're Welcome*' criteria and the importance of young-people friendly services in improving sexual health and the quality of young people's relationships. To enable participants to reflect on their own attitudes, values and interpersonal skills to create a young people friendly environment that is accessible and inclusive.

Learning Outcomes

by the end of the course participants should:

- Understand what young people want from sexual health services and what makes sexual health services acceptable and welcoming to young people
- Learn how reception staff ensure effective triage and the provision of information and condoms
- Have increased their awareness about the importance of the receptionist's role in helping young people feel confident about sexual health and other services
- Identify young people's needs by getting in touch with their own recollections and experiences
- Gain and overview of the principles and skills needed for effective face to face and telephone work with young people
- Know about the Department of Health's '*You're Welcome*' criteria for young people friendly services and how they can support quality services.

Attendance Criteria

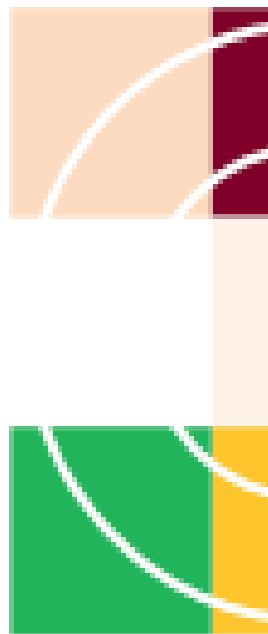
none

length

1 day

Target audience

Aimed at front line staff that are the first point of contact, working in sexual health, advice centre's, GP services and hospitals that have young people in their client group. This training could also be beneficial for reception staff working at other services aimed at young people such as youth centres, residential homes, schools, FE Colleges, voluntary sector support services and pupil referral units. Please contact the Sexual Health Training Pool Coordinator if you require further information.



Attitudes and Values

Aims

Previously called **Basic Sexual Health Awareness**, This course aims to enable participants to develop an holistic approach to relationships, sexuality, sex and sexual health through the exploration of values, attitudes, feelings and influences.

Learning Outcomes

By the end of the course participants should:

- Be aware of their own personal values and attitudes to relationships, sexuality, sex and sexual health and how they impact on work with young people
- Understand and be able to relate holistic models of sexual health to their everyday practice when working with young people.
- be aware of the links between diversity, equal opportunities and sexual health

Attendance Cri-

Although no prior sexual health knowledge is required, participants are asked to bring an open mind and be willing to actively participate. the course does not require participants to disclose personal experience and will be conducted in a safe and confidential environment. We do advise that where possible participants complete this course before progressing onto some of our others courses.

Length

1 day

Target Audience

All professionals working with young people.

Faith, Values and SRE

Aims

To provide participants with an overview of multi-faith attitudes and values to support an inclusive approach to sexual health and relationship education in Schools

Learning Outcomes

By the end of the course participants should:

- be aware of their own personal, professional and organisational attitudes towards diversity
- be able to respond to commonly experienced situations
- be able contribute to the inclusion of faith communities in developing a wider content for SRE
- be able to emphasise the role that values have in consultation and inclusive practices.

Attendance Criteria

No formal criteria although we do advise participants to have already completed the *Attitudes and Values* course

Length

1 day

Target Audience

All professionals working with young people, particularly those working in educational and youth settings



Sex, young people and the Law

Aims

To enable participants to understand and gain awareness about the law relating to sex and young people

Learning Outcomes

By the end of the course participants should:

- Understand and be able to apply the Sexual Offences Act 2003 when working with young people around sexual health
- Understand and be able to apply the Fraser Guidelines where appropriate
- Understand and be able to apply local safeguarding procedures relating to working with sexually active young people

Attendance Criteria

Although there is no formal criteria, we do advise that where possible participants complete *Values and Attitudes* course

Length

½ day

Target Audience

Professionals working with young people where discussing sexual health and/or providing contraception as part of their role e.g. youth workers, pastoral workers, housing workers, support workers etc. This session is an awareness raising session and should not replace any child protection or safeguarding training.

Contraception and STI's

Aims

To provide participants with an awareness of the different methods of contraception available and how they are used. To gain awareness of sexually transmitted infection risks and treatment available

Learning Outcomes

By the end of the course participants should:

- Be able to recognise the different methods of contraception available and understand how they work
- Be aware of where to access different methods of contraception in order to effectively sign post people you work with
- Be aware of the risks of STI's and signpost for effective diagnosis and treatment
- Be able to promote condom usage and demonstrate effective condom use

Attendance Criteria

None

Length

1 day

Target Audience

Professionals working with people where discussing sexual health and/or providing contraception as part of their role e.g. youth workers, pastoral workers, housing workers, support workers and social workers etc. This course is an awareness raising session and for that reason may not be suitable for family planning nurses looking for a more advanced course.



R U Ready?

Aims

This 2 day course aims to enable professionals to develop 'R U Ready?' with young people and understand that this work needs to be done alongside providing excellent sexual health education and services for young people. This course is based on the '*Let's leave it til later*' delay training written by **Jo Adams** and published by the **Centre for HIV and Sexual Health, Sheffield**.

Learning Outcomes

By the end of the course participants will have had the opportunity:

- To look at the causes and effects of early sex, current research and findings and understand the differences between 'delay' and 'abstinence' work.
- To understand the role played by the media and peer pressure on young people in relation to early sex.
- To gain skills to hand on to young people in how to say 'No' and resist pressure
- To focus on alternatives to having sex and consider the role played by strong friendships, supportive adults and professionals in supporting 'r u ready' work
- To reflect on their own learning, values and attitudes

Attendance Criteria

None

Length

2 days

Target Audience

All professionals working with young people

Abortion; decisions and dilemmas

Aim

To raise awareness and understanding of teenage pregnancy and abortion so that professionals can facilitate effective discussion of the issues and equip young people to make and act on an informed choice. This course is based on the training written by '**Education for Choice**'

Learning Outcomes

By the end of the course participants should:

- Be able to explain the importance of addressing abortion with young people and professionals
- Have considered their own and others' view points on pregnancy and abortion and reflected on how these might influence their work with young people
- Be better able to take a client focus
- Be able to use arrange of exercises to facilitate discussion of abortion with young people in group/education work
- 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 doing so.
- Understand key policies relating to young people, abortion, confidentiality and the law.
- Know about abortion provision and understand abortion in relation to physical and emotional health

Attendance Criteria

Although there is no formal criteria, we would advise where possible that participants complete the *Values and Attitudes* course first

Length

1 day

Target Audience

Professionals working with young people where discussing sexual health and/or providing support and advice as part of their role e.g. youth worker, residential workers, support workers, those in an educational setting. This course would also benefit; School Nurses, Teachers, PHSE advisors, Health Educators, Connexions Advisors, Social Workers, Sure Start/Plus workers, Teenage Pregnancy workers and other service providers



Boy's Own

Aims

To provide participants with an awareness of the issues young men face and how to develop positive approaches to working with young boys so they are safe and supported to play, learn, grow and develop. This course is based on the '**Boy's Own**' training written by **Simon Blake** and **Rob Brown** published by the **Centre for HIV and Sexual Health, Sheffield**.

Learning Outcomes

By the end of the course participants should:

- Be able to identify boy's and young men's needs in relation to sex and relationship education
- Have had the opportunity to share practical ideas for working with boys and young men around sexual health issues
- Be confident in developing activities which are appropriate for boys and young men
- Know how to deliver information in an appropriate format to appeal to boys and young men

Attendance Criteria

Although there is no formal criteria, we would advise where possible that participants complete the *Values and Attitudes* course first

Length

2 days

Target Audience

This course has been designed for those professionals who are already working with or beginning to work with boys and young men in a targeted way e.g. Youth Workers, Residential Workers, Connexions advisors, professionals in an educational setting, youth setting and other service providers.

Training the Trainer

Aims

This is a 2 day training programme for people wanting to join Bolton Sexual Health Training Pool, either in the capacity to deliver training included in the annual training programme or within their own Organisation. The Course aims to equip participants with the knowledge, skills and abilities to effectively design, develop and deliver sexual health training programmes to groups of people in accordance with the Department of Health's quality standards for sexual health training (2005)

Learning Outcomes

By the end of the course participants should:

- Be able to place sexual health training within a national policy, good practice and issues based context
- Understand how people learn and blocks to learning
- Have an understanding of the processes and dynamics of groups and how to manage these effectively
- Have explored the core principles of excellent training and group work
- Explored the holistic model of sexual health
- Have explored some of the difficulties encountered in sexual health training and identify strategies for dealing with them
- Have examined values, attitudes and feelings about a wide range of sexual health issues looking at sexual health rights and messages
- Feel confident to plan a range of sexual health training opportunities
- Had the opportunity to deliver a 20 minute presentation/session in a safe and supportive environment

Attendance Criteria

Participants wishing to apply are advised to contact the Sexual Health Training Pool Coordinator for advice on an individual basis. It is essential that participants complete the *Values and Attitudes* course prior to this course. For those participants interested in joining the training pool you will need to work in the Bolton area and will be required to sign a Terms of Reference which requires a minimum contribution of 3 days per year to the training pool either to deliver training from the annual programme or through your own Organisation. For this reason, you must have authorization from your Line Manager.

Length

2 days

Target Audience

Bolton employees wishing to join the Bolton Sexual Health Training Pool who have already completed *Values and Attitudes* (previously called *Basic Sexual Health Awareness*)



Condom Promotion

Aims

To support agencies who support young people in providing free condoms, information, advice and guidance about sexual health and the legalities of the distribution of condoms to young people

Learning Outcomes

By the end of this course participants should:

- Know about the condom promotion scheme, how to sign up to it, how it works and is funded
- Understand the Fraser Guidelines and how to apply these in the workplace
- Be aware of the Sexual Offences Act 2003
- Have an understanding of safer sex practices
- Understand the importance of confidentiality and safeguarding practices

Attendance Criteria

For Bolton workers wanting to join the scheme

Length

½ day

Target Audience

Professionals working with young people who currently participate, or would like to join the Condom Promotion Scheme

We advise that professionals attend this course every 2 years as a refresher

Bespoke Training

We are keen to bring our training out to you. Many of our courses can be run within your organisation and our team endeavour to offer bespoke training to meet the needs of your service wherever possible. This may include brief 'taster sessions' or workshops at a time

Suggested topics may include:

- Teenage pregnancy
- HIV/AIDS
- Sexually transmitted infections
- Sexuality and diversity
- Sexuality in relation to people with learning disabilities
- Sexuality in relation to people with physical disabilities
- Sex workers and sexual health
- Sexual health and BME communities/faith groups
- Lesbian, Gay, Bisexual and transgendered communities and sexual health
- Confidentiality, sex and the law
- The impact of alcohol on sexual behaviour

Costings for bespoke training are established on an individual basis but reductions are available for voluntary and third sector organisations.

Condom Promotion training is free of charge and delivered in the work place for staff groups over 8 people.

For more information, to discuss or request bespoke training please contact:

Natalie Rennie
Sexual Health Training Pool Coordinator
3rd Floor, Paderborn House
Civic Street
Bolton, BL1 1JW

Tel: 01204 332397
E-mail: natalie.rennie@bolton.gov.uk
www.sexualhealthnetwork.co.uk

Course Details and Costs

Date	Course	Venue
April 2010		
14th	Contraception and STI's	Parish Church Hall
20th	Attitudes and Values	Parish Church Hall
27th	Condom Promotion (09.30 - 13.00)	Pikes Lane Health Centre
May 2010		
11th & 12th	R U Ready	Parish Church Hall
25th	Someone with a smile	Parish Church Hall
June 2010		
8th & 9th	Boys Own	Pikes Lane Health Centre
15th	Sex, young people and the Law (09.30– 13.00)	Parish Church Hall
29th	Abortion; decisions and dilemmas	Parish Church Hall
July 2010		
6th	Faith, Values and SRE	Parish Church Hall
Sept 2010		
23rd & 24th	R U Ready	Pikes Lane Health Centre
29th	Contraception and STI's	Parish Church Hall
Oct 2010		
6th	Attitudes and Values	Pikes Lane Health Centre
26th	Condom Promotion (09.30 - 13.00)	Pikes Lane Health Centre
Nov 2010		
10th	Someone with a smile	Pikes Lane Health Centre
23rd	Sex, young people and the law (09.30 - 13.00)	Pikes Lane Health Centre
Jan2011		
18th	Abortion: decisions and dilemmas	Pikes Lane Health Centre
25th & 26th	Boys Own	Pikes Lane Health Centre
Feb2011		
15th	Faith, Values and SRE	Pikes Lane Health Centre
22nd & 23rd	Training the Trainer	Parish Church Hall
March 2011		
8th & 9th	R U Ready	Pikes Lane Health Centre

Booking Form

Bolton Sexual Health Training Pool

Name of Applicant :

Job Title:

Organisation name:

Address:

Tel:

Fax:

E-mail:

Please indicate course titles and dates you would like to attend:

Course

Date:

Applicants Signature :

Date:

Line Manager's Name:

Tel No:

Signature:

Date:

Please return to: Natalie Rennie, Sexual Health Training Pool Coordinator
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E-mail: natalie.rennie@bolton.gov.uk





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