



Bolton Sexual Health
Training Pool

Training Programme April 2011 to March 2012

- 'Getting it Right'
- Attitudes & Values
- Faith, Values & SRE
- Condom Promotion
- 'R U Clear?' Chlamydia screening
- Sex, young people and the law
- Assessing the needs of LGB service users
- HIV Awareness
- Contraception & STI's
- Pregnancy Choices
- 'R U Ready?'
- 'Boys Own'
- Training the trainer in sexual health



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Our Philosophy

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 and 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 an 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 Bolton PCT Learning and Development department, Pikes Lane health Centre, Deane Road, Bolton. Lunch is not provided for any of our courses, but there are plenty of local deli's and a refrigerator will be available to use and refreshments will be provided throughout the day(s)

How to apply

By Post:

Complete and return the application form included in the centre pages of 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 1UA

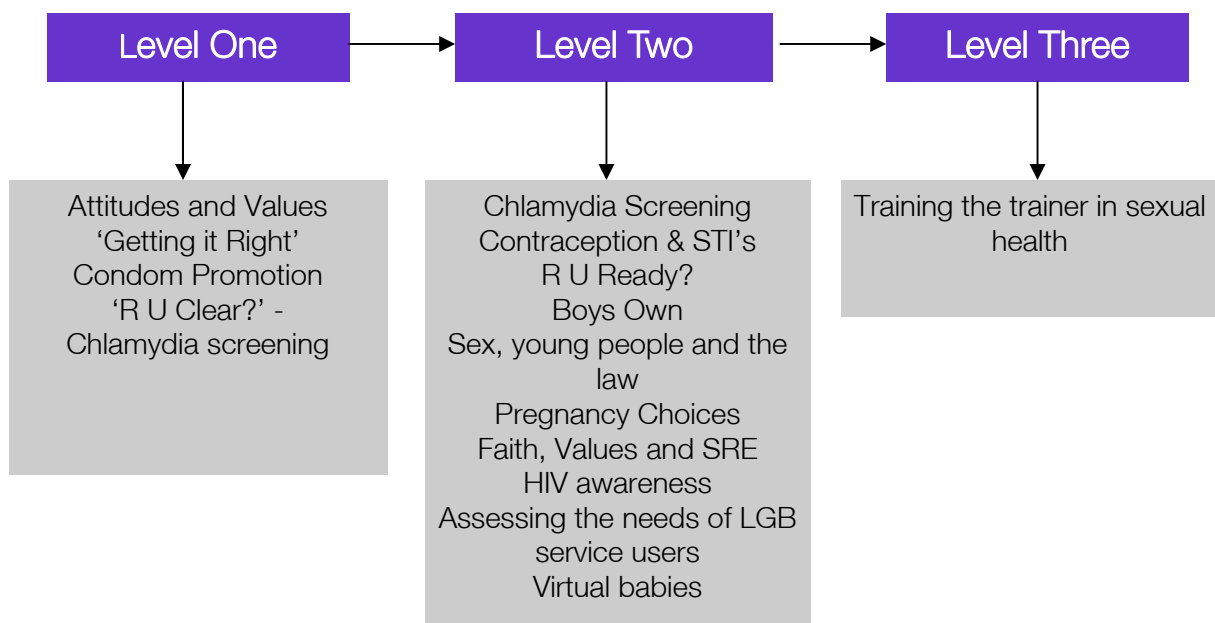
By email:

Contact the sexual health training pool coordinator for an application form on:
natalie.rennie@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)

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



Aims

This is a 1 day course that aims to provide participants with an understanding of Bolton's 'Getting it Right' - for Bolton's services criteria. The principle has been developed from the Department of Health's 'You're Welcome' campaign to create young people friendly services. The course explores the importance of inclusive services in improving sexual health and quality of service provision for under represented groups such as LGB, young people and BME groups.

Learning Outcomes

by the end of the course participants should:

- Understand what people want from services and what makes sexual health services acceptable and welcoming to underrepresented groups
- Learn how reception staff ensure effective triage and the provision of information and signposting
- Have increased their awareness about the importance of the receptionist's role in helping people feel confident about sexual health and other services
- Identify needs by getting in touch with their own recollections and experiences
- Gain an overview of the principles and skills needed for effective face to face and telephone work contact with people
- Know about Bolton's 'Getting it Right' for Bolton's services criteria and how they can further support quality service provision.

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. This training could also be beneficial for reception staff working at other services aimed at underrepresented groups such as youth centres, residential homes, schools, FE Colleges, voluntary sector support services and pupil referral units, GP's.

Please contact the Sexual Health Training Pool Coordinator if you require further information.

Aims

This is a **1 day** course that 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

Target audience

All professionals working with young people.



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 that can be passed onto 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

Target audience

All professionals working with young people



Aims

This is 2 day course 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 boys' 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

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.

Aims

This is a **half day** course to provide participants with information about the law relating to sex and young people to further support and develop an understanding about current legislation and guidance specific to 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

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.**

Aims

This is a **1 day** course 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
- Be aware of local fostering and adoption services, procedures, processes and where to signpost

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

Aims

This is a **1 day** course 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.

Target audience

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

Aims

This is a **half day** course 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

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



Aims

This is a **half day** course to support agencies who support or would like to support young people aged 15-25 in providing free chlamydia and gonorrhoea testing along with information, advice, guidance and sign posting about sexual health and sexual health services.

Learning Outcomes

By the end of this course participants should:

- Know about the National and local chlamydia screening programme, how to sign up to it, how it works and is funded
- Understand the Fraser Guidelines and how to apply these in the workplace
- Have an understanding of safer sex practices
- Understand the importance of confidentiality and safeguarding practices
- Understand the practicalities of the screening programme, how to complete the test and accompanying forms

Target audience

Professionals working with young people who currently participate, or would like to join the R U Clear Chlamydia screening Programme



Aims

This is a 1 day course to give participants a basic introduction about issues to consider when working with lesbian, gay and bisexual LGB service users

Learning Outcomes

By the end of the course participants should:

- Have an understanding of the context in which LGB people live their lives
- Have an understanding of the social and cultural inequalities experienced by LGB people and the effects these can have on their lives and long term health and well-being
- know how services can make practical changes to improve access and service delivery for their LGB service users

Target audience

All professionals working with people who would like to have a better understanding of issues relating to LGB service users and how to take steps to make themselves and their services more inclusive to LGB groups



Aims

This is a 1 day course to provide participants with an understanding of HIV and AIDS, dispelling myths, exploring stereotypes and how we can adapt our own practice to ensure we are supportive and inclusive to people with HIV

Learning Outcomes

By the end of this course participants will:

- Have had the opportunity to explore their own understanding of the virus and dispel any myths
- Have a clearer understanding about the virus, how it is transmitted, treatment available, prevention and statistically how many people are affected by the virus
- How to and what services to signpost
- Know about a self-esteem model and how HIV affects the self esteem of those who are infected
- Be aware of ways we can change our own practice to better support people in our

Target audience

Professionals working with people where discussing sexual health and/or providing information and support as part of their role e.g. youth workers, pastoral workers, housing workers, support workers etc. This session is an awareness raising session and will only provide participants with a basic level of knowledge and information



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 barriers 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

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*)

Virtual Babies

The Babies are the best way to get young people to recognise how difficult it is to be a parent. They also make classes/sessions more fun and interactive and the students get so excited waiting for their Babies that teachers have reported better attendance levels and behaviour

The virtual babies need looking after just like real babies because they need feeding, rocking, burping and nappy changing and they have to have their heads supported just like real babies too. However, unlike real babies, if you hurt them by shaking them or hitting them, the electronics inside them report on when they were hurt and if they were neglected or shaken.

All the information on how well (or not) the babies were cared for is recorded on the care report produced when they are handed back. Students communicate with their babies by wearing ID attached securely to their wrists, and they have to learn to respond promptly to their baby all the time. The baby also records how well he or she has been looked after and the software grades the student's performance in terms of good care, poor care and if the baby was placed in the wrong position, roughly handled or shaken. The baby has a realistic head and neck design which means that it moves from side to side, front to back and turn left to right. It weighs 7lbs (3kg) and looks very realistic. The baby makes breathing sounds when the he or she is asleep , as well as happy and fussy sounds when awake.

The training pool are able to deliver an 8 week programme of 1 hour sessions leading up to students taking the babies for a week or weekend. The programme consists of:

- **Week 1** *Relationships*
- **Week 2** *Exploring parenthood*
- **Week 3** *Pregnancy*
- **Week 4** *Labour and birth*
- **Week 5** *Caring for a newborn*
- **Week 6** *Feeding*
- **Week 7** *Virtual baby*
- **Week 8** *Data collection and feedback session*



For more information or to book the workshops, please contact the Sexual Health Training Pool Coordinator



Many of the activities that are currently included within some of the courses provided through the Sexual Health Training Pool have been condensed and delivered in Bolton Schools for several years with positive results and feedback.

The training pool are now offering Schools the opportunity to book one or both of the interactive and participatory half day workshops that will equip teachers, PHSE leads, learning mentors and other School staff with the knowledge and facilitation skills to deliver these activities and continue promoting the everyday messages that are embedded in these activities within their own educational setting

The workshops comprise of:

| Workshop 1 | Workshop 2 |
|-----------------------------------|-----------------------------|
| 'Living it' (homophobic bullying) | Safe choices around sex |
| Delaying early sex | Safe choices around alcohol |
| Media & body image | Safe choices around drugs |
| Upsidownsi game (mental health) | Pregnancy |
| | Condom promotion |

The workshops can be delivered in house if a venue is appropriate and available, or the training pool can secure a venue at one of the PCT's buildings. Please bear in mind, however that dates may be more restricted if a PCT venue is required.

The workshops are provided free of charge, with a minimum requirement of 8 participants and a maximum of 16 per group. Groups may consist of staff from one school or a cluster of schools and all information about the resources used and where to purchase them will be given at the end of each workshop.

For more information or an informal discussion, please contact the Sexual Health Training Pool Coordinator

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 convenient for staff to attend (e.g. lunch time or after work).

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
- Hep B & C

Costings for bespoke training are established on an individual basis, but are minimal and may only be the cost of a training venue and refreshments, however reductions are available for voluntary and third sector organisations. Generally speaking Condom Promotion training is free of charge and delivered in the work place for staff groups of over 6 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

Training Calendar

| Date | Course | Venue |
|------------|--|--------------------|
| APRIL 2011 | | |
| 5th | Attitudes & Values | Pikes Lane |
| 7th | Condom Promotion | 1pm-4pm Pikes Lane |
| 13th | Contraception & STI's | Pikes Lane |
| MAY 2011 | | |
| 4th & 5th | R U Ready? | Pikes Lane |
| 12th | R U Clear? Chlamydia Screening | 1pm-4pm Pikes Lane |
| 25th | 'Getting it Right' | Pikes Lane |
| JUNE 2011 | | |
| 8th & 9th | Boys Own | Pikes Lane |
| 15th | Sex, young people & the law | 9am-1pm Pikes Lane |
| 29th | Faith, Values & SRE | Pikes Lane |
| JULY 2011 | | |
| 14th | Pregnancy Choices | Pikes Lane |
| 21st | HIV Awareness | Pikes Lane |
| SEP 2011 | | |
| 8th | Assessing the needs of LGB service users | Pikes Lane |
| 22nd | Condom Promotion | 9am-1pm Pikes Lane |
| OCT 2011 | | |
| 6th | Attitudes & Values | Pikes Lane |
| 20th | Contraception & STI's | Pikes Lane |
| NOV 2011 | | |
| 9th & 10th | R U Ready? | Pikes Lane |
| 22nd | R U Clear? Chlamydia Screening | 9am-1pm Pikes Lane |
| JAN 2012 | | |
| TBC | Boys Own | Pikes Lane |
| TBC | Sex, young people & the law | Pikes Lane |
| FEB 2012 | | |
| TBC | Training the trainer in sexual health | Pikes Lane |
| TBC | HIV Awareness | Pikes Lane |



Bolton Sexual Health
Training Pool

www.sexualhealthnetwork.co.uk

Natalie Rennie,
Sexual health training pool coordinator & Condom Promotion
professional lead
3rd Floor, Paderborn House
Civic Centre
Bolton
BL1 1UA
Tel: 01204 332397
email: natalie.rennie@bolton.gov.uk

Booking Form

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
3rd Floor, Paderborn House,
Civic Centre
Bolton, BL1 1UA
Tel: 01204 332397
E-mail: natalie.rennie@bolton.gov.uk



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