

SHPU

Sexual Health Promotion Unit

***Sexual Health Promotion
training for all
practitioners
in Norfolk & Waveney***

**April
2011 to
March
2012**

Sexual Health Promotion Training Programme

Quality standards for sexual health training

The Sexual Health Promotion Unit supports the Recommended Quality Standards for Sexual Health Training (Striving for Excellence in Sexual Health Training) as set out by the Department of Health 2005. The aims of the standards are: 'to ensure that all training, whether for clinical staff, other professionals or volunteers, provides a consistently high quality experience. This experience should enable and equip those participating to deliver sensitive and appropriate sexual health advice, education, information, services and support.'

Our training philosophy

As a training provider we believe that individuality and diversity should be celebrated; people learn more if they feel safe and supported; sexual health promotion training should encourage personal as well as professional development, and trainers and participants should act and speak with respect towards others.

How to book courses

You will find an application form on page 15 of this newsletter, which you can tear out or simply photocopy, complete in full using the information on the following pages and return using the contact information provided. Please use one form for each individual applying. **All booking forms can be posted, emailed or faxed to us, we regret that we cannot accept telephone bookings at present.**

Course fees

Cheques must be submitted with the application form and made payable to **Great Yarmouth & Waveney Community Services**. Please contact the Unit if this is a problem.

Half-day courses = £5

One-day courses = £10

Two-day courses = £20

For those applying from outside the Norfolk and Waveney area, please contact the Unit to enquire about availability and fees.

Cancellations

Cancellations must be received in writing no later than 14 days before the course due date. Any cancellations made after this time may incur a charge. If for whatever reason, we have to cancel a course, your fee will be returned to you or you can request a voucher for future training events.

Course catering

Lunch and/or refreshments are included on one and two day courses only. We can only provide refreshments on half-day events.

Complaints procedure

If you feel you have cause to complain about the training you have received via this programme, you can contact Neil Howard, Head of Sexual Health Promotion on: 01603 221817 or neil.howard@norfolk.nhs.uk

Drug and alcohol training

Norfolk Drug and Alcohol Action Team (DAAT) run a full training and workforce development programme, mapped to national occupational standards, in locations around the county. Further details on all training and workforce development opportunities can be found on the www.nordat.org.uk website, or you can call them on: 01603 677577

Timings for courses

2 hour courses	10am – 12 noon
½ day courses	10am – 1pm
1 day courses	10am – 4pm
2 day courses	10am – 4pm

Course venue

All courses in the 2011/2012 Sexual Health Promotion Training Programme will take place at: **Kestrel House, White Lodge Business Park, Hall Road, Norwich, NR4 6DG**

Condoms And STIs: A Beginners' Guide

(An introduction to condoms and sexually transmitted infections)

1 day course

Learning Outcomes

By the end of this course, participants should be able to:

- Demonstrate the application and use of both male and female condoms effectively
- Discuss and identify strategies for overcoming barriers to condom use with their clients
- Become familiar with local good practice guidance on issuing condoms
- Be clear about how to access condoms through the Norfolk & Waveney Condom Scheme
- Describe significant STIs, their symptoms, effects and treatments
- Raise awareness around the prevention of STIs practically
- Signpost their clients, patients, customers, pupils, peers or students to appropriate testing, treatment and support services.

Thursday 5th May 2011

Tuesday 6th September 2011

Wednesday 9th November 2011

Friday 13th January 2012

Boys Will Be Boys

(To enable participants to enhance their capacity to communicate, engage and develop work with boys and young men within their agency setting)

1 day course

Learning Outcomes

Course participants will:

- Gain an insight into the ways in which masculinity impacts on and influences the behaviour and life choices of boys and young men
- Enhance their confidence and skills to support their work with this client group

NB. We would like to encourage male workers to access this course although it is not exclusively for men.

Thursday 16th June 2011

Thursday 6th October 2011

You're Very Welcome

(Embedding the You're Welcome criteria into sexual health service delivery)

½ day course

Learning outcomes

By the end of the course, participants should be able to:

- Cite the range of sexual health services outlined in 'You're Welcome' and briefly assess their own service against them.
- Explain how their role fits into 'You're Welcome'.
- Recognise the importance of the physical environment and develop some strategies to implement good practice within their own workplace.

Thursday 14th July 2011

Wednesday 19th October 2011

Tuesday 13th December 2011

Tuesday 6th March 2012

Starting Out: Young People & Sexual Health

(Basic overview of young people's sexual health and sexual rights)

½ day course

Learning Outcomes

By the end of the course, participants should be able to:

- Identify key issues relating to young people's sexual ill-health
- Understand vital components of good sexual health for young people
- Be confident in referring young people to national and local health and support services
- Access local sexual health information and resources
- Understand the application of Fraser Guidelines in youth settings
- Explain a young person's right to confidentiality

Thursday 19th May 2011

Friday 16th September 2011

Let's Wait A While

(Supporting young people to delay early sex until they're really ready)

2 day course

Learning Outcomes

By the end of the course, participants should be able to:

- Identify some of the causes and effects of early sex through becoming familiar with some of the current research findings on these issues
- Work in a variety of ways with young people to help them make positive and healthy decisions for themselves
- Understand the role pressure plays in young people having early sex
- Develop some skills in saying 'no' and resisting pressure to hand on to young people
- Discuss alternatives to having sex
- Identify how friends and supportive adults play an important role in young people delaying early sex
- Share methodologies and plan ways in which to implement the course learning in practice and how to present and develop this work with young people

NB. The one day course covers the same themes as the two day course but in less detail. Therefore it maybe more appropriate for those who already have an understanding of the approach and concepts, but have not received any training around them.

Tuesday 7th and Wednesday 8th June 2011
Monday 10th and Tuesday 11th October 2011

Your C-Card: All In One

(For workers from a variety of settings with little or no sexual health promotion experience who wish to be C-Card Registers)

1 day course

Learning Outcomes

By the end of the course, participants should be able to:

- Register young people onto the C-Card scheme confidently
- Issue condoms through the C-Card scheme confidently
- Identify key issues relating to young people's sexual ill health
- Understand vital components of good sexual health for young people

Tuesday 24th May 2011
Tuesday 9th August 2011
Thursday 27th October 2011
Wednesday 1st February 2012

Your C-Card: Just Registration

(For workers from a variety of settings with experience of sexual health promotion who wish to be C-Card Registers)

2 hour course

Learning Outcomes

By the end of the course, participants should be able to:

- Register young people onto the C-Card scheme confidently
- Issue condoms through the C-Card scheme confidently

This course is free

Wednesday 1st June 2011
Wednesday 17th August 2011
Thursday 3rd November 2011
Friday 10th February 2012

HIV: The Basics

(An introduction to HIV)

½ day course

Learning Outcomes

By the end of this course, participants should be able to:

- Explain the difference between HIV and AIDS
- Identify the main routes of transmission and relevant body fluids
- Identify risky behaviours for HIV
- Discuss the social context and impact of HIV and AIDS

Wednesday 11th May 2011
Monday 4th July 2011
Thursday 1st December 2011
Tuesday 7th February 2012

Some Of My Best Friends Are Gay

(Understanding of the impact of homophobia and heterosexism, language and key issues facing gay men, bisexual men and other men who have sex with men)

1 day course

Learning Outcomes

By the end of the course participants should be able to:

- Work confidently with gay men, bisexual men and other men who have sex with men
- Identify some of the detrimental affects of homophobia and heterosexism
- Allay their own fears of saying/doing the wrong thing
- Identify ways of making their services more user friendly for gay men

Wednesday 21st September 2011
Wednesday 25th January 2012

Sexual Health Promotion Unit
Training Application Form April 1st 2011 – March 31st 2012

Please complete and return with payment to the address below.

Name of Applicant:

Job Title:

Organisation's name and address in full:

Post code:

Tel No.

Fax No.

E-mail:

For those providing services in the county of Norfolk and Waveney area only: Please stipulate the Local Authority, Health Trust, Children's Services Area or District etc.

For those providing services outside the county of Norfolk and the Waveney area of Suffolk: Please give location details:

Course Details

Course title:

Course date:

Course venue:

Lunch: A lunch is provided on all full day courses. Refreshments provided on all courses. Please state any special dietary requirements:

Accessibility: The Sexual Health Promotion Unit will endeavour to ensure that training venues are accessible to all. However if you do have any mobility or access issues, please contact us beforehand to discuss them.

Payment: For courses where fees apply, **cheques** must be sent with this application and made payable to **Great Yarmouth and Waveney Community Services**. Non-refundable for late cancellations.

Cancellation Policy: Cancellations must be received no later than 14 day before the course due date otherwise fees will be retained or charged. This applies to all applicants and includes non-attendance.

Other information

Signature of applicant:

Date:

Signature of manager if applicable:

Date:

Please return this form to:

Training Course Administrator, Sexual Health Promotion Unit, Kestrel House, White Lodge Business Park, Norwich,
Norfolk. NR4 6DG

Mailing list: Please tick the box if you wish us to include your details on our regular mailing lists.

☐

For office use only

Date received:

Payment with application: Yes No

Data Protection Statement

The Sexual Health Promotion Unit works within the Department of Health's policy on confidentiality. No personal information you supply will be passed on to inappropriate agencies or individuals. We are however, obliged to supply information to the employers of course participants for their own monitoring purposes.

Sexual Health Promotion Unit (SHPU) Contact Details



NHS Norfolk
and NHS Great Yarmouth and Waveney

General

Neil Howard - Head of Sexual Health Promotion
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Email: neil.howard@norfolk.nhs.uk

Gilly Cubitt - P.A. to Head of Sexual Health Promotion
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E-mail: gilly.cubitt@norfolk.nhs.uk

Julia Houseago - Finance Officer
Direct line: 01603 221816
E-mail: julia.houseago@norfolk.nhs.uk

Norfolk Needle Exchange and Supervised Consumption Schemes

Paul Brierley - Coordinator
Direct line: 01603 221804 Mob: 07766 307 286
Email: paul.brierley@norfolk.nhs.uk

Chlamydia Screening Office (Norfolk & Waveney Chlamydia Screening Programme)

Tel: 01603 221830
Fax: 01603 221833
E-mail: cso@norfolk.nhs.uk
Website : www.areyougettingit.com

Sexual Health Promotion Team
Tel: 01603 221838, Fax : 01603 221832
E-mail : shpu@norfolk.nhs.uk
Website : www.areyougettingit.com

Sexual health leaflets and posters
Website: www.heron.nhs.uk

Sexual health teaching and training resources
Website: www.library.norfolk.gov.uk

Chlamydia Screening Office

Jill Appleyard - Coordinator
(Chlamydia Screening)
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Sexual Health Promotion Team

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Vicky Everett - Assistant Administrator
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E-mail: victoria.everett@norfolk.nhs.uk

Every effort has been made to ensure that the information provided here is accurate. The Sexual Health Promotion Unit is unable to accept any responsibility for any action resulting from the information contained herein. Articles are sometimes provided by practitioners from other agencies and therefore any views contained here are not necessarily the views of SHPU staff.

Sexual Health Promotion Unit
Kestrel House,
White Lodge Business Park,
Hall Road, Norwich.
NR4 6DG

Tel: 01603 221838 Email: shpu@norfolk.nhs.uk

If you would like
this newsletter in
large print,
audio, Braille,
alternative
format or in a different language,
please contact the Sexual Health
Promotion Unit, and we will do our
best to help you.



The Sexual Health Promotion Unit (SHPU) is commissioned to deliver work programmes on behalf of NHS Great Yarmouth and Waveney, NHS Norfolk, and the Norfolk Drug and Alcohol Action Team. The SHPU is part of Great Yarmouth and Waveney Community Services.

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