

Sexual Health Training Programme

2006 - 2007

Includes related training from:

- Teenage Pregnancy Strategy Unit
- Healthy Schools
- Adult Social Services
- Education Advisory Service
- Drug and Alcohol Team

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If you would like this leaflet/document in large print, audio, Braille, alternative format or in a different language please contact the Communications Team at Eastern Support Services on 01603 307266 and we will do our best to help.

Introduction

The courses included in this publication are in response to national and local strategies and guidance and aim to meet your training needs on a wide range of sexual health issues. However, if you feel there are areas not covered, please feed these back to us and we will endeavour to fill these gaps in future programmes.

Norfolk Sexual Health Training Partnership

This partnership is a multi-agency forum that is focussed on the co-ordination, development and delivery of quality sexual health training for those working in a variety of settings across Norfolk. The partnership 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 partnership we believe that:

- individuality and diversity should be celebrated;
- people learn more if they feel safe and supported, and
- trainers and participants should act and speak with respect towards others.

How to book courses

You will find an application form at the back of this programme, which you simply photocopy, complete in full and return using the contact information provided. Please use one form for each individual applying.

All booking forms must be posted and we regret that we cannot accept telephone or e-mail bookings.

Course fees

Each course will stipulate the fee payable. Cheques must be submitted with your application and made payable to **Great Yarmouth Primary Care Trust**. Applications cannot be processed without payment. All courses are heavily subsidised, thanks to funding from Norfolk's Teenage Pregnancy Strategy Unit and the Norfolk NHS HIV and Sexual Health Unit. Lunch and refreshments are all included in the course fee and participants receive certificates as a record of their professional development.

Cancellations

Cancellations must be received in writing no later than 14 days before the course due date. Any cancellations made after this time will incur a charge of £50. If we, for whatever reason cancel a course, your fee will be returned to you with your notification letter.

Related Training

Also included in this programme are courses organised and delivered by other partner agencies. To book these courses, please note the contact information on those pages. Please do not contact or send application forms to the Norfolk NHS HIV & Sexual Health Unit in relation to these events.

Data Protection Statement

The Norfolk NHS HIV & Sexual Health 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.

Quick Guide to Courses

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Contact

To contact the unit with any training related query, please call the training administrator between 9:00 am – 5:00 pm.

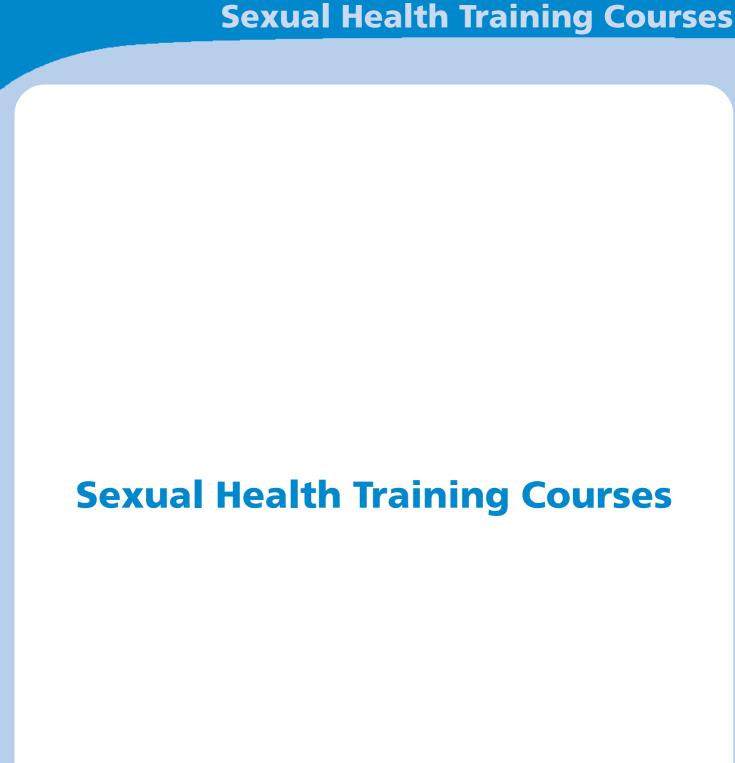
Telephone: 01603 307050

E-mail: shtraining@norfolk.nhs.uk

Or write to:

Training Administrator
Norfolk NHS HIV & Sexual Health Unit, St. Andrew's House – Northside

St. Andrew's Business Park, Thorpe St. Andrew, Norwich. Norfolk. NR7 OHT



These courses are administered by the Norfolk NHS HIV & Sexual Health Unit, hosted by Great Yarmouth Teaching Primary Care Trust and supported by the Teenage Pregnancy Strategy Unit.

Abortion: Whose Choice?

One day

Aim

- To raise awareness and understanding about teenage pregnancy and abortion in order to enable professionals to facilitate constructive discussion of the issues and equip young people to make informed choices.
- To enable practitioners to provide clear information and supportive advice about abortion to young people.
- To facilitate reflection of personal attitudes and values and how they impact on professional practice

Learning Outcomes

Participants will:-

- Have used and appraised a series of tools suitable for classroom and groupwork use and will be better equipped and more confident to deliver Abortion Education within SRE.
- Have considered their own values and how these impact on delivery of work around abortion and will be better able to take a client focus.
- Have looked at techniques for discussing pregnancy options with a client and will be more confident to do this work.
- Be aware of the importance of organisational policy and internal support for those doing this work and will be equipped to work with colleagues to ensure that these things are in place.

Date/s 4th May 2006, 17th May 2006

Time 9:30am – 4pm

Venue St. Andrew's House – Northside, Thorpe St. Andrew, Norwich

Who's it for?

PSHE teachers/co-ordinators, School nurses (especially those delivering SRE) Connexions, Sure Start Plus (or equivalent – young parents support), Youth workers Community health, Health promotion, Sexual Health and Family Planning

Trainer/s

Education for Choice

Recommended Prior Learning

Cost	Maximum participants	
£5	14	

Coils, Pills, Warts 'n' All! (Sexually Transmitted Infections and Contraception Awareness) One day

Aim

For participants to gain a basic understanding of contraceptive methods and sexually transmitted infections (STIs).

Learning Outcomes

Participants will:

- Be able to identify the main methods of contraception and explain how they work and their efficacy.
- Understand the risk factors involved in using different methods of contraception.
- Know where people can be sign posted to for various methods of contraception.
- Have a clear understanding about STIs and their treatment.
- Be aware of patient's journey through the Genito-Urinary Medicine (GUM) Clinic from registration to results.
- Understand the importance of sexual health education as a tool for health promotion and protection.

Date/s 16th June 2006, 22nd September 2006*, 17th November 2006, 9th February 2007

Time 9:30am – 4:30pm

Venue St. Andrew's House – Northside, Thorpe St. Andrew, Norwich

*The Burrage Centre, James Paget Hospital, Great Yarmouth

Who's it for?

Anyone interested in enhancing their knowledge of these issues.

Trainer/s

Paul Nicholls (GUM Health Advisor) & Ruth Hine (Contraceptive Outreach Nurse)

Recommended Prior Learning

Cost Maximum participa		
£5	16	

CondomotionOne day

Aim

To ensure good practice across Norfolk for the issuing and promotion of condoms.

Learning Outcomes

Participants will:

- Gain an understanding of the importance of condoms in sexual health protection.
- Gain an insight into the safety and quality of condoms.
- Discuss strategies for overcoming barriers to condom use.
- Become familiar with good practice guidance on issuing condoms.
- Clarify how to access condoms through the Norfolk Condom Scheme.

Date/s 23rd June 2006 & 19th January 2007

Time 10am – 4pm

Venue St. Andrew's House – Northside, Thorpe St. Andrew, Norwich

Who's it for?

Youth Workers, Connexions, Social Workers, Practice Nurses, Teachers, drugs workers or anyone issuing or promoting condoms and their use.

Trainer/s

Andy Mazzei (Norfolk NHS HIV & Sexual Health Unit)

Recommended Prior Learning

Starting Out (see page 12)

Cost	Maximum participants	
£5	16	

Doing It Standing Up

(Sexual health promotion activities to use with teenagers in group settings)

One Day

Aim

To share some effective activities and approaches when working with young people around sexual health.

Learning Outcomes

Participants will:

- Have an opportunity to experience some tried and tested sex & relationships activities firsthand.
- Take away a toolkit of activities to use in their direct work with teenagers.

Date/s 6th October 2006, 31st January 2007

Time 10am – 4pm

Venue St. Andrew's House – Northside, Thorpe St. Andrew, Norwich

Who's it for?

Youth Workers, Connexions, School Health Advisers, Teachers or anyone who works with groups of young people in formal or informal settings.

NB. This course assumes that participants have a certain level of prior knowledge around sexual health. Please see recommended prior learning below.

Trainer/s

Suki Dell & Andy Mazzei (Norfolk NHS HIV & Sexual Health Unit)

Recommended Prior Learning

- Starting Out: Young people & sexual Health page 12
- Coils, Pills, Warts 'n' All (STI and Contraception Awareness) page 5
- Condomotion page 6

Cost	Maximum participants
£5	16

I'm Not So Different

(Working with young people who have been sexually abused, are Schedule One Offenders or involved in Child Sexual Exploitation)

One day

Aim

- To dispel myths about working with these very vulnerable groups of young people.
- To empower front line staff to give practical advice about how to discuss sensitive issues with young people whose experiences fall outside 'the norm'.
- To signpost to specialist services (where they exist)

Learning Outcomes

Participants will:

- Have a clearer understanding of the needs of these vulnerable young people
- Have an understanding of tried and tested techniques when working with vulnerable young people whose life experiences are outside 'the norm'
- Have an awareness of specialist services both local and national

Date/s 14th March 2007

Time 9:30am – 4:30pm

Venue St. Andrew's House – Northside, Thorpe St. Andrew, Norwich

Who's it for?

Any staff/carers across all agencies who are likely to come into contact with young people who fall into the identified vulnerable groups of young people.

Trainer/s

Karen Searle (Children's Services) & Another tbc

Recommended Prior Learning

Cost	Maximum participants	
£5	16	

Let's Wait - a - While Two-day course

Aim

To explore ways of supporting young people to delay first sex.

Learning Outcomes

Participants will:

- Have an opportunity to look at the causes and effects of early sex and become familiar with some of the current research findings on these issues
- Explore a range of ways to work with young people to help them make positive and healthy decisions for themselves
- Develop an understanding of the role pressure plays in young people having early sex
- Gain some skills in saying 'no' and resisting pressure to hand on to young people
- Discuss alternatives to having sex
- Take an opportunity to consider the roles of friends and supportive adults in young people delaying first 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

Date/s 27th & 28th November 2006, 8th & 9th January 2007

Time 10am – 4pm

Venue St. Andrew's House - Northside, Thorpe St. Andrew, Norwich

Who's it for?

This course is for anyone offering direct support, services, education and advice to young people or for planners, strategists and commissioners e.g. Teenage pregnancy workers, Health workers, SureStart workers, Connexions staff Youth Workers, YOTs, Teachers, Social Workers and ABS/PASS.

Trainer/s

Becky Oliver, Mark Osborn, Molly Potter, Suki Dell & Andy Mazzei

Recommended Prior Learning

Starting Out: Young People – page 12

Cost	Maximum participants	
£10	16	

Starting Out: African Communities & Sexual Health

(The basics for working with African communities) **Half Day**

Aim

- To provide a basic understanding of the services provided for African communities around HIV prevention/Sexual Health Promotion in Norfolk.
- To provide a basic understanding of culturally appropriate language and approaches when talking about sexuality and sex issues with African people.

Learning Outcomes

Participants will:

- Increase their confidence in working with people from African communities
- Reduce the fear of saying/doing the wrong thing.
- Increase their knowledge of local services and how to refer to them.
- Increase their knowledge of how to make their own services recognisably more appropriate therefore increases accessibility.

Date/s 21st June 2006, 25th October 2006, 14th February 2007

Time 10am – 1pm (with lunch)

Venue St. Andrew's House – Northside, Thorpe St. Andrew, Norwich

Who's it for?

Youth Workers, Connexions, Front line staff, GP Practice Nurses/GPs, Social Workers, Teachers, Religious Leaders and anyone working with, or wanting to work with people from African communities.

Trainer/s

Everjoice Makuve & Andy Mazzei (Norfolk NHS HIV & Sexual Health Unit)

Recommended Prior Learning

Cost	Maximum participants	
£5	16	

Starting Out: Gay, Bisexual Men & Sexual Health

(The basics for working with gay men, bisexual men and other men who have sex with men)

Half Day

Aim

- To provide a basic understanding of the services provided for gay men and HIV prevention/Sexual Health Promotion in Norfolk.
- To provide a basic understanding of appropriate language and approaches when talking about sexuality and sex issues with gay and bisexual men.

Learning Outcomes

Participants will:

- Have increased confidence in working with gay men, bisexual men and other men who have sex with men.
- Reduce the fear of saying/doing the wrong thing.
- Increase their knowledge of local services and how to refer to them.
- Increase their knowledge of how to make their services recognisably more 'gay friendly' therefore increases the possibility of more gay man accessing their service.

Date/s 10th May 2006, 12th July 2006, 18th October 2006, 20th December 2006

Time 10am – 1pm (with lunch)

Venue St. Andrew's House – Northside, Thorpe St. Andrew, Norwich

Who's it for?

Youth Workers, Connexions, Front line staff, GP Practice Nurses/GPs, Social Services, Teachers and anyone working with, or wanting to work with gay, bisexual and other men who have sex with men.

Trainer/s

Neil Kittle (Norfolk NHS HIV and Sexual Health Unit)

Recommended Prior Learning

Cost	Maximum participants
£5	16

Starting Out: Young People & Sexual Health

(The basics for working with young people)

Half Day

Aim

To provide a basic overview of young people's sexual health, the related issues and a foundation on which to build upon for future training.

Learning Outcomes

Participants will:

- Pick up some tips for working with young people around sexual health.
- Have an opportunity to discuss and clarify issues around confidentiality.
- Get an overview of local and some national services for referrals.
- Have an opportunity to discuss and clarify issues around the Sexual Offences Act and Fraser Guidelines.

Date/s 10th May, 20th June, 12th July*, 13th September 2006,

Time 10am – 1pm (with lunch)

Venue NYCS Training Unit, Norwich

*Graphic House, Norwich (Full)

Who's it for?

Youth Workers, Connexions PAs, YOTs, ABS, Teachers, Health Service Staff and anyone working with young people.

Stating Out is a core element of NYCS and Connexions Training Programmes.

NB. It is recommended that this course be completed before undertaking any other sexual health & young people training.

Trainer/s

Andy Mazzei – Norfolk NHS HIV and Sexual Health Unit

Recommended Prior Learning

Cost	Maximum participants	
£5	16	



Related Training Section

The contact details for these events appear on each course page. Please do not contact the Norfolk NHS HIV & Sexual Health Unit in relation to courses in this section.

Related Training





Boys Talk

A 2 day course for developing work with boys and young men.

Dates: 25th & 26th April (St. Andrew's House, Thorpe St. Andrew, Norwich)

10th & 11th May (Connexions Youth Venue, Raymond St. Thetford) 10th & 11th October (St. Andrew's House, Thorpe St. Andrew, Norwich)

Time: 9:45am - 4pm

Cost: Free to agencies working with young men in Norfolk

Venue: As above

Aim

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

Objectives

This course will provide participants with:

- an insight into the ways in which masculinity impacts on and influences the behaviour and life choices of boys and young men.
- enhanced confidence and skills to support their work with this client group
- an opportunity to identify ways of developing work with boys and young men within their own practice

This course is for anyone working with boys and young men who has an interest in raising self-esteem and interpersonal skills of this client group, e.g. Youth Workers, Connexions PAs, YOT workers, Sexual Health Workers, Social Workers, etc.

Trainer: Mark Osborn

Maximum no. of participants:

12

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

To book this course, please contact: Becky Roe on 01603 307369

Norfolk Drug & Alcohol Action Team Phoenix House White Lodge Business Estate Hall Road, Norwich NR4 6DG TACKLING BRUGS CHANGING LIVES

Tel: 01603 677577 Fax: 01603 677566

Norfolk Drug and Alcohol Action Team Training 2006 – 2007

Norfolk Drug and Alcohol Action team (DAAT) run a full training programme based in locations around the county. To deliver these courses the DAAT draws upon a number of training providers and also draws upon local treatment providers to share their knowledge with participants. Without the help of these people the DAAT would not be able to deliver the varied calendar of training events for both specialist and generic nonspecialist services.

The DAAT use a three level framework for training, Foundation, Intermediary and Specialist. This will continue in 2006 with well-established courses like the one-day **Foundation drug and alcohol awareness**, the two-day **Screening and Effective Interventions**, the three-day **Crack Cocaine** course and more recent additions like the half-day **Overdose Awareness** training and the two-day **Foster Carers** course run in conjunction with Social Services.

Drugs, Alcohol and Reproductive Health Conference

The yearly Drugs, Alcohol and Reproductive Health Conference returns on 8th June and as with previous years, we hope to be able to draw speakers both from here in Norfolk and from around the country. The event will be held at the Norfolk and Norwich hospital.

Certificate in Higher Education (Substance Misuse)

For the last three years the DAAT have been working with the UEA School of Nursing and Midwifery, to develop an accredited course. Part one of this Certificate level course has been running for two years now, but this year the DAAT are pleased to announce that our Part two proposal for the course has been accepted and we are now able to offer a full academic award, a two-year Certificate in Higher Education (Substance Misuse).

Norfolk DAAT website contains details of the courses, please go to www.nordat.org.uk for details or phone 01603 677577

Related Training



HIV/AIDS Basic Awareness One day course

Aim

To provide a general overview and understanding of HIV and AIDS

Learning outcomes

Course participants will:

- Gain a greater understanding of what HIV is
- Understand the difference between HIV and AIDS
- Take time to clarify routes of transmission and prevention strategies
- Have an opportunity to explore the myths, stigma and prejudice related to HIV and AIDS

Date/s 2nd June 2006

Venue St. Andrew's House, Northside, Thorpe St. Andrew, Norwich

HIV/AIDS Advanced Two day courses

Aim

To provide a more in depth overview and understanding of HIV and AIDS

Learning outcomes

Course participants will:

- Gain a broader understanding of what HIV is and how the virus works
- Take time to clarify routes of transmission and prevention strategies
- Have a greater opportunity to explore the myths, stigma and prejudice related to HIV and AIDS
- Explore some personal perspectives of living with HIV
- Look at treatment and support options for people infected and affected by HIV and AIDS

Date/s 29th & 30th June 2006

Venue St. Andrew's House, Northside, Thorpe St. Andrew, Norwich

If you would like to book yourself on any of the above courses, please use the contact details below:

George Pearce, Norfolk Adult Social Services

Norwich Community Hospital, Bowthorpe Road, Norwich NR2 3TU

Tel: 01603 776862

<u>E-mail: george.pearce@norfolk.gov.uk</u>





Primary Doing It (Sex & Relationships Education for Primary Years) One-day course

Date/s June 13th 2006

Time 9:30 – 4pm

Venue St. Andrew's House, Northside, Thorpe St. Andrew, Norwich

Aims

- To equip teachers with a variety of active learning techniques (games, discussion tools etc.) that can promote learning and exploration of issues in PSHE and SRE lessons.
- To cursorily cover some key issues of SRE.

Learning Outcomes

Teachers will have a variety of active learning techniques that they can use to cover a variety of learning objectives in PSHE and SRE (possibly other areas of the curriculum).

Teachers will have a basic understanding of key issues around SRE and know that further individual support for schools is available.

Trainer/s

Molly Potter & Suki Dell

Who's it for?

Primary School teachers (it is most relevant to upper primary)

Cost

Free to all committed Healthy Norfolk Schools £100 to all other schools

Maximum participants: 16

To book this course please contact Molly Potter Tel: 01603 307199

e-mail: molly.potter@norfolk.nhs.uk

Related Training



Sex and Relationship Education Children's Services – Professional Development Centre

Course Objectives:

- To help develop an effective SRE policy (please bring existing policy);
- To update schools on recent legislation;
- To provide practical activities for use in the classroom.

The course has been developed for PSHE Co-ordinators, but anyone with an interest in promoting or delivering effective Sex and Relationship Education in Norfolk secondary schools is welcome to attend.

Date	Time	Venue	Reference
8 th June 2006	9.15am – 4pm	West Norfolk PDC	6GN014
16 th June 2006	9.15am – 4pm	Norwich PDC	6GN015
2 nd November 2006	9.15am – 4pm	Norwich PDC	6GN016
15 th November 2006	9.15am – 4pm	West Norfolk PDC	6GN017
1st March 2007	9.15am – 4pm	Norwich PDC	6GN 019
6 th March 2007	9.15am – 4pm	West Norfolk PDC	6GN 018

Cost: £125

To apply for a place on the course, please contact:

Cindy Burton
Norwich Professional Development Centre
Woodside Road,
Norwich,
Norfolk.
NR7 9QL

Telephone: 01603 433276 Fax: 01603 700236

Email: cindy.burton@norfolk.gov.uk

Acknowledgements

Acknowledgements

Thank you to all the members of the Norfolk Sexual Health Training Partnership.

Adele Godsmark Norfolk Healthy Schools
Andy Mazzei (Vice Chair) HIV & Sexual Health Unit

Becky Oliver Teenage Pregnancy Strategy Unit

Christine Woods Children's Services – Education Advisory Service

Diana Baxter EAST

Emma McKay UEA Health Care

Everjoice Makuve HIV & Sexual Health Unit

Fiona Craig Connexions

George Pearce Adult Social Services
Jane Wirgman HIV & Sexual Health Unit

Jill Reynolds EAST

Karen Searle Children's Services – Leaving Care

Mark Osborn Great Yarmouth tPCT/Teenage Pregnancy Strategy Unit

Mime Matthews Clinical Psychology Services

Molly Potter Teenage Pregnancy Strategy Unit/Norfolk Healthy Schools

Neil Howard (Chair)

Neil Kittle

HIV & Sexual Health Unit

HIV & Sexual Health Unit

Roz Barnett Children's services – Youth & Community Ruth Bristow Children's services – Youth & Community

Ruth Hine Central Family Planning Clinic

Sue Leonard Broadland PCT

Suki Dell HIV & Sexual Health Unit Sylvia Large Mancroft Advice Project

Vicky Mitchell West Norfolk PCT

Wendy Nimmo (Administration) HIV & Sexual Health Unit

Special thanks to Clare Adams of Connexions for her help and support in setting up our training database.

If other individuals feel that they would like to offer their experience and expertise to this group, please contact Wendy Nimmo on 01603 307050 for more information.

Andy Mazzei

Sexual Health Promotion Practitioner

Application Form

Norfolk Sexual Health Training Programme

Application Form April 2006 – March 2007

Contact details – please use one form per applicant and print clearly

Title:			Job title:
First name:	Last name:		
Organisation's name and address (in full)			Telephone number:
			Post code:
E-Mail:			Fax:
Primary Care Trust, Local Authority or District: Please tick/write			
Broadland Great Yarmouth North Norfolk Norwich West Norfolk			
Southern Norfolk or LA/District:			
Course information			
Course title:			
Course date (s):			
Venue:			
Special requirements Do you have any sight, hearing or mobility problems that require assistance?			
Do you have any special dietary needs?			
Do you have any other special requirements of which we should be aware?			
Signature of applicant			
Date:			
Signature of line manager if applicable			
Date:			

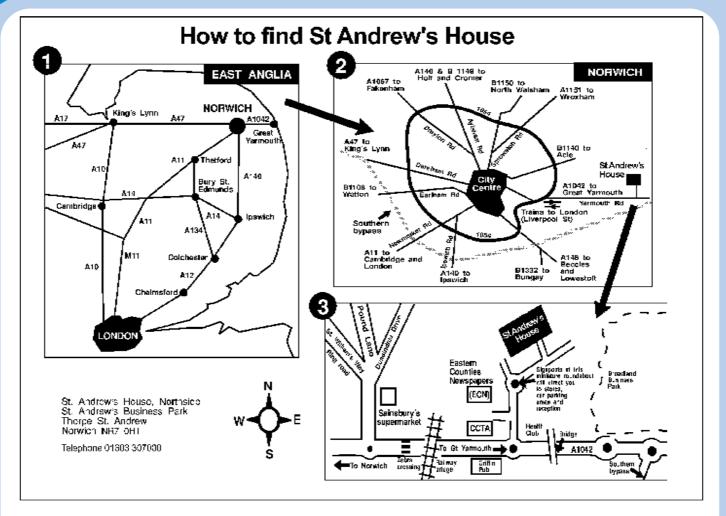
Payment

For courses where fees apply, cheques must be sent with this application and made payable to **Great Yarmouth Primary Care Trust**. Non-refundable for late cancellations. See section on cancellations at the front of this programme.

Please return to: Training Administrator, Norfolk NHS HIV/AIDS & Sexual Health Unit, St. Andrew's House – Northside, St. Andrew's Business Park, Thorpe St. Andrew, Norwich. NR7 OHT. For information only: Tel: (01603) 307050 or

e-mail: shtraining@norfolk.nhs.uk

Location Map and Directions



Using A47 Bypass:

- Follow A47 Bypass towards Great Yarmouth
- Take the Thorpe St. Andrew & Postwick exit off the A47 Bypass
- Follow the road under an arched railway bridge to another roundabout turn right into St. Andrew's Business Park
- Follow the road up to a small roundabout and turn right, following the visitors sign to the main entrance of St. Andrew's House. You can park on the road leading to the main entrance

Coming from Norwich:

- Follow the A1042 towards Great Yarmouth
- At the roundabout intersection at Pound Lane proceed straight ahead and under the arched railway bridge

At the next roundabout, turn left, follow the road up to a small roundabout and turn right, following the visitors sign to the main entrance of St. Andrews' House. You can park on the road leading to the main entrance.







Norfolk NHS HIV/AIDS & Sexual Health Unit Great Yarmouth Teaching Primary Care Trust St. Andrew's House – Northside St. Andrew's Business Park Thorpe St. Andrew Norwich. Norfolk NR7 OHT

Tel: 01603 307050

 $\hbox{E-mail:} \ \underline{shtraining@norfolk.nhs.uk}$