



Somerset
Council

Somerset Sexual Health Training Programme Winter / 2023/24

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



NHS
Somerset
NHS Foundation Trust

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 back in March 2013) is designed to support the commissioning of sexual health services. Section 2 concerns sexual health across the life course and includes a key ambition for the sexual health of under-16s, with particular regard to the development 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 that 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 oneself and others

This training programme aims to work to these national recommended standards. It will therefore 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 Improvement Manager (Sexual Health), Public Health, Somerset Council

Mark Rowland - Young People's Targeted Prevention Worker and C-Card Coordinator, Somerset County Council Public Health Nursing Team

Kassie Gage - Health Care Assistant Targeted Outreach Team Somerset-wide Integrated Sexual Health Service NHS Somerset Foundation Trust

Bob Manickam - LGBTQ+ Youth Support Worker and training lead, 2BU Somerset

Cole Broadbent - LGBTQ+ Community Outreach Youth Support Worker, 2BU Somerset

Application to attend training events

How to book

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

A requirement of the booking process is that you ensure your line manager is aware of, and has approved, your application. By ticking the relevant box on the booking form 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 is a key strength of our courses

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

Important Information

These training dates will be delivered face to face .

There will be **no charge** made for Somerset staff attending these training events. Our courses tend to be over subscribed and so we would appreciate if you would let us know as soon as possible if you can not attend or let us know a substitute from your work place who can come in your place.

Contact info:

Andrew Wilson

publichealthtraining@somerset.gov.uk





“The Basics” Contraception, Sexual Health and C-Card Training Day



This course is a full day course

It is designed for staff whose role involves brief or ongoing interventions with young people (aged 11-19 years old). We aim to give participants a basic understanding of the different contraceptive methods, explore the most common STIs and their affects, and gain a clear understanding of our sexual health services. The session will also have a focus on the C-Card scheme, and the latest offer of C-Card+. This can lead to staff becoming C-Card issuers under the Somerset C-Card scheme.

The training aims to provide basic information on:

- Legislation
- The most common STIs
- The chlamydia screening programme
- A holistic model of sexual health
- Contraception options
- Information on abortion services
- Be familiar with the background of the C-Card.
- Understand the C-Card and upgraded C-Card+ condom scheme and how it operates

- Know what key messages to give young people about condoms and their use
- Know how to demonstrate how to use a condom correctly and show young people
- Be able to register and issue condoms using the web based data collection system

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
- Understand what the C-Card scheme offers and how to become an issuer or be able to signpost to the scheme

Supporting LGBTQ+ Young people

Course time: 10am - 4pm

This course is a full day training

Young people who identify as lesbian, gay, bisexual or transgender are likely to need extra support and acceptance to counteract feelings of exclusion, isolation and sometimes condemnation. A recent study indicated 85% of Somerset LGB young people and 89% of transgender said they had experienced homophobic, biphobic or transphobic bullying in their school / college

Aims

This training session aims to enable staff to understand some of the issues which may face LGBTQ+ young people, and lead to poor health outcomes, including sexual health. It also explores how work to incorporate positive messages can help LGBTQ+ young people move towards healthy self-acceptance.

Learning objectives

By the end of the training, participants will:

- Understand the links between discrimination of LGBTQ+ young people and poorer health including sexual health outcomes
- Appreciate what LGBTQ+ young people identify as issues and what support they may need

- Understand the difference between sexuality and gender and why pronouns are important.
- 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 any staff working within Somerset who work with young people including Foster Cares and Special Guardians



Training Booking

Course Application Links

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

Course dates and times:

➤ **The Basics & C-Card training -**

Monday 11th December County Hall Taunton (report to A Block reception)

[CLICK HERE](#) for booking form

➤ **The Basics & C-Card training -**

Tuesday 20th February County Hall Taunton (report to A Block reception)

[CLICK HERE](#) for booking form

➤ **Supporting LGBTQ+ Young people -** County Hall Taunton (report to A Block reception) Taunton, TA1 4EP -

Tuesday 23rd January County Hall Taunton (reporting A Block reception)

[CLICK HERE](#) for booking form

If you have any questions please contact Sue Habgood

Senior Business Support Assistant - Public Health

Telephone: 01823 357247

E-Mail publichealthtraining@somerset.gov.uk