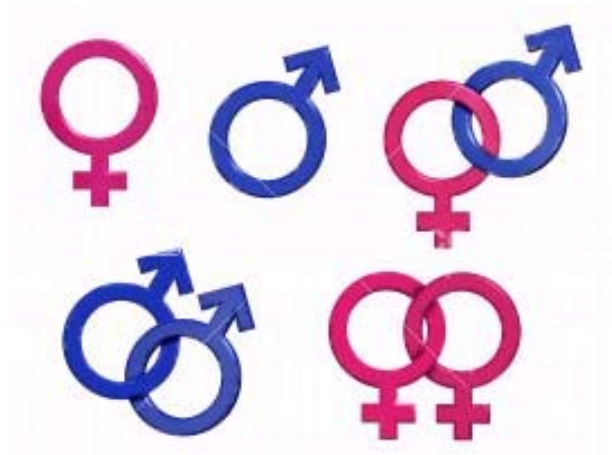


Public Health Department Health Promotion Team

**Sexual Health Training Brochure
October 2011 - March 2012**

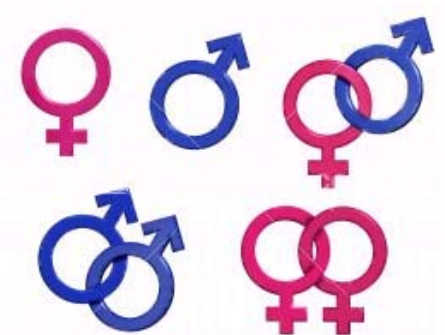


working together to protect and improve health

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All our courses are **free** of charge, places must be booked prior to attending. NHS bookings can be made using E-manager where available or by contacting Maeve Orr, Secretary, full contact details on the back page.



Condom Card (C Card) Scheme

C Card is a new service in Ayrshire and Arran offering access to free condoms with minimum embarrassment, or fuss. Condoms offer protection against some of the sexually transmitted infections, such as chlamydia, gonorrhoea and HIV.

Do you wish to be part of Ayrshire and Arran's free condom scheme?

Training on becoming a sign-up facilitator and or call point is available on request.

The half-day training session consists of:

- short summary of STIs
- child protection
- aims and objectives of the free condom scheme
- C Card paperwork

For further information please contact Maeve Orr, Secretary, full contact



Hep. B & C Basic Awareness

24 January 2012 (13:00 - 17:00)
Lister Centre
Crosshouse Hospital

COURSE AIM

To increase awareness of the issues surrounding Hep B and Hep C.

TARGET GROUP

This a basic ½ day awareness session for statutory and non-statutory staff who have little or no knowledge of Hep B and Hep C e.g. nursing staff, care staff, social workers, voluntary organisations etc.

LEARNING OUTCOMES

By the end of the course you will:

- be able to identify routes of transmission
- have an increased understanding of the differences in the disease process as applied to each virus
- have an increased understanding of treatment options, testing and support services
- have an increased understanding of stigma and discrimination issues.

FURTHER INFORMATION

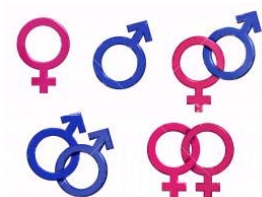
For those staff subject to Agenda for Change attending this course will help support the requirements of the following KSF outlines:

Core

- 1 - Communication
- 2 - Personal & People Development
- 4 - Service Improvement
- 6 - Equality & Diversity

Specific

- HWB1
- HWB2
- HWB4



HIV Basic Awareness

1 December 2011 (13:00 - 17:00)
Lister Centre
Crosshouse Hospital

COURSE AIM

To increase awareness of the issues surrounding HIV.

TARGET GROUP

This is a basic ½ day awareness session for both statutory and non-statutory staff and professional staff who have little or no knowledge of HIV.

LEARNING OUTCOMES

By the end of the course you will:

- be able to identify routes of transmission and risk taking behaviour
- have an increased understanding of local, national and global issues
- have an increased understanding of the disease process and treatment options
- have an increased understanding of stigma and discrimination issues.

FURTHER INFORMATION

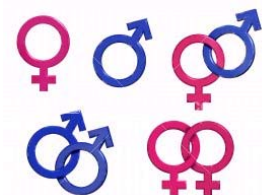
For those staff subject to Agenda for Change attending this course will help support the requirements of the following KSF outlines:

Core

- 1 - Communication
- 2 - Personal & People Development
- 4 - Service Improvement
- 6 - Equality & Diversity

Specific

- HWB1
- HWB2
- HWB4



Introduction to Contraception

13 March 2012 (09:15 - 13:00)
Lister Centre
Crosshouse Hospital

This course is not designed to equip you with the ability to prescribe specific contraception choices.

COURSE AIM

To increase awareness of the range of contraception currently available.

TARGET GROUP

Suitable for both statutory and non-statutory staff who are working with individuals or groups and who have an interest in sexual health & wellbeing and who are looking to promote the health of their client group e.g. nursing staff, youth workers, social workers, voluntary organisation staff etc.

LEARNING OUTCOMES

By the end of the course you will:

- gain knowledge of different types of contraception
- gain an understanding of their effects and effectiveness
- gain an understanding of possible side effects
- have a basic understanding of how and where to access contraception provision.

FURTHER INFORMATION

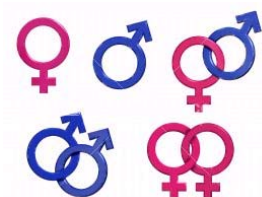
For those staff subject to Agenda for Change attending this course will help support the requirements of the following KSF outlines:

Core

- 1 - Communication
- 4 - Service Improvement
- 6 - Equality & Diversity

Specific

- HWB1
- HWB2
- HWB4



Introduction to Sexual Dysfunction

1 February 2012 (13:00 - 17:00)
Afton House
Ailsa Campus

COURSE AIM

To understand the male and female sexual response and identify potential causes of sexual problems. To increase confidence in talking about sexual issues.

TARGET GROUP

This course is suitable for those working with or supporting people who may experience sexual dysfunction e.g. nursing staff, mental health staff etc.

LEARNING OUTCOMES

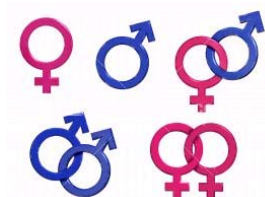
By the end of the course you will:

- be able to discuss the reasons sexual problems may present
- be aware of treatment regimes for sexual problems
- understand the importance of accurately assessing sexual problems
- have a basic understanding of the barriers that prevent sexual problems being identified and treated.

FURTHER INFORMATION

For those staff subject to Agenda for Change attending this course will help support the requirements of the following KSF outlines:

Core	Specific
1 - Communication	HWB1
4 - Service Improvement	HWB2
6 - Equality & Diversity	HWB4



Introduction to Sexual Health

17 October 2011 (09:15 - 17:00)
Lister Centre
Crosshouse Hospital

COURSE AIM

To increase awareness of your own sexual identity and personal values and attitudes and how these influence the way we communicate about sex and relationships.
To increase your awareness of the impact of language on the way we communicate about sexual health.

TARGET GROUP

This is a one day introduction to Sexual Health for statutory and non-statutory staff and professional staff who have little or no knowledge of sexual health.

LEARNING OUTCOMES

By the end of the course you will:

- be more aware of own sexual identity
- be aware of own personal prejudices with regards to sexuality and how these may impact on others
- be aware of current words used to describe sexual organs and acts and the emotions attached to using such words
- have an increased awareness of both the local and national issues around sexual health
- have an increased awareness of local sexual health services and resources.

FURTHER INFORMATION

For those staff subject to Agenda for Change attending this course will help support the requirements of the following KSF outlines:

Core

- 1 - Communication
- 2 - Personal & People Development
- 4 - Service Improvement
- 6 - Equality & Diversity

Specific

- HWB1
- HWB2
- HWB4



Introduction to STIs

9 March 2012 (09:15 - 13:00)
Lister Centre
Crosshouse Hospital

COURSE AIM

To understand the different types of STIs, transmission rates and treatments.

TARGET GROUP

Suitable for both statutory and non-statutory staff who are working with individuals or groups and who have an interest in sexual health & wellbeing and who are looking to promote the health of their client group e.g. nursing staff, youth workers, social workers, voluntary organisation staff etc.

LEARNING OUTCOMES

By the end of the course you will:

- be able to identify STIs and their signs and symptoms
- be aware how to prevent transmission of STIs
- be able to understand the principles of treatments
- have a basic understanding of referral routes for testing and treatment.

FURTHER INFORMATION

For those staff subject to Agenda for Change attending this course will help support the requirements of the following KSF outlines:

Core

- 1 - Communication
- 2 - Personal & People Development
- 6 - Equality & Diversity

Specific

- HWB1
- HWB2
- HWB4



Sexuality, Learning Disability & Sexual Health

22 & 23 November 2011 (09:15 - 17:00)
MacDonald Education Centre
Ayr Hospital

21 & 22 February 2010 (09:15 - 17:00)
Alexander Fleming Suite
Crosshouse Hospital

COURSE AIM

This course aims to increase awareness of:

- your own personal values and attitudes and how these influence the way we communicate about sex and relationships, particularly in relation to individuals with learning disability
- the impact of language on the way we communicate about sexual health
- the barriers individuals with learning disability face with regards sexuality, relationships and sex and relationship education
- the myths and assumptions about the sexuality of learning disabled people

TARGET GROUP

Statutory and non-statutory staff, parents and carers who are working with individuals or groups with a learning disability and who have an interest in sexual health & wellbeing and who are looking to promote the health of their client group e.g. nursing staff, youth workers, social workers, voluntary organisation staff etc.

LEARNING OUTCOMES

By the end of the course you will:

- be more aware of own sexuality
- be more aware of own personal prejudices with regards to sexuality and how these may impact on others
- be aware of current sexual vocabulary used to describe sexual organs and acts and the emotions attached to using such words
- have an increased understanding of factors influencing the sexual development of individuals with learning disability
- have increased awareness of protection issues and sex and the law

FURTHER INFORMATION

For those staff subject to Agenda for Change attending this course will help support the requirements of the following KSF outlines:

Core

- 1 - Communication
- 2 - Personal & People Development
- 6 - Equality & Diversity

Specific

- HWB1
- HWB2
- HWB4



SHARE 2 days + 1 CPD session

17 & 18 November 2011 (09:15 - 17:00)
Malcolm Sargent House
Prestwick

CPD session - 13 December 2011
Pavilion 8

COURSE AIM

This course aims to increase awareness of your own sexuality, sexual identity and personal values, gain an understanding of how these influence the way that you communicate about sex and issues around sexual well-being, improve your practical sexual health knowledge and allow you to become more comfortable and competent in dealing with sexual health and well-being issues.

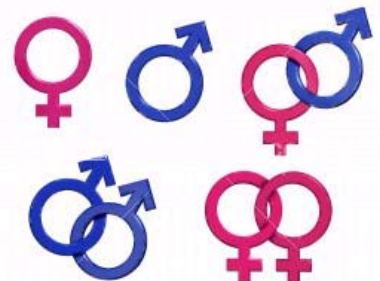
TARGET GROUP

Teachers, Support Staff, School Nurses, Youth Workers

LEARNING OUTCOMES

By the end of the course you will have:

- a better understanding of sexual identity and relationships
- an understanding of the embarrassment and discomfort that young people and adults experience when addressing the issues around sexuality and relationships
- an understanding of the impact of judging people on their risk activity or sexuality
- an awareness of your own personal attitudes towards HIV and other Blood Borne Viruses
- an understanding of the choices of contraception that are available, including condoms
- an awareness of the impact that STI's or pregnancy can have on relationships and young people's life choices
- an understanding of how risk taking affects sexual well-being and relationships
- an understanding of the impact that self esteem and assertiveness has on sexual health and well-being
- an opportunity to utilise the SHARE resource and look at ways of incorporating it into the PSHE programme.



SHARE CPD Updates

25 & 27 October 2011 (16:00 - 18:00)
CHP Offices
Pavilion 8
Ayrshire Central Hospital

COURSE AIM

The aim of this particular CPD session will be to review use of the resources, highlight with staff updates in relation to the teaching resource and local services and support staff where required in relation to the Curriculum for Excellence (CfE) outcomes and experiences for Relationships, sexual health and parenthood.

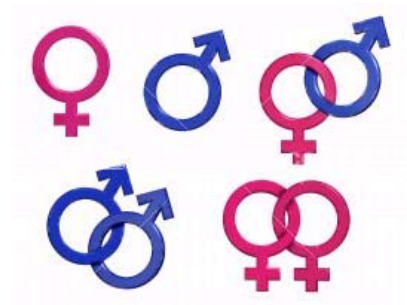
This CPD session will only be for staff already trained in SHARE and will be a joint session with North and East Ayrshire.

CONTENT:

The two hour session will include:

- quick sexual health quiz – allowing participants to review the foundations of sexual health
- sex and the law update – there have been several changes in the law that participants require to be updated on
- local services update – new services that are in place within NHS A&A for young people
- parental involvement
- Hep C resource – new resource from LTS
- discussion around the use of SHARE in your school/ youth setting
- SHARE and CfE.

Participants only require to attend one of the sessions.



Train the Trainers, Sexuality, Learning Disability & Sexual Health

24, 25 & 31 January 2012 (09:15 - 17:00)
Alexander Fleming Suite
Crosshouse Hospital

COURSE AIM

To equip trainers with the appropriate knowledge skills and resources to plan and deliver a programme of Sexual Health and Relationships education for people with Learning Disabilities.

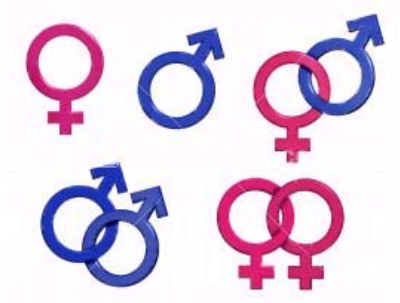
TARGET GROUP

Anyone who has completed the 2 day Sexuality, Learning Disability & Sexual Health training is eligible for the Train the Trainers course.

OBJECTIVE

By the end of the course you will be able to:

- raise awareness of the Strategies and Policies which are pertinent to Sexuality, Learning Disability and Sexual Health
- identify appropriate participants
- be familiar with the identified Pre and Post Assessment tool
- be familiar and comfortable with the course content and resource materials
- complete the allocated course work
- demonstrate an understanding of session planning
- prepare and deliver 1 session from the 30 week course.



Bespoke Training

We are aware that departments and organisations are all under time pressure and find it increasingly difficult to release staff for training.

If your department or organisation has a number of staff wishing to attend any of the training we can arrange a suitable date to deliver this within the workplace if appropriate or plan and deliver bespoke sexual health training for the work team to meet the specific needs of the department or organisation.



thinking of sex?



Click first ...

Contact Us

If you are interested in attending any of the sessions, please contact:

Maeve Orr
Secretary
NHS Ayrshire and Arran
Public Health Department
Health Promotion Team
Afton House
Ailsa Hospital Campus
Dalmellington Road
Ayr
KA6 6AB

Tel: 01292 885803

Email: Maeve.orr@aapct.scot.nhs.uk

For further information on Sexual Health visit www.shayr.com



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