**Sexual Health Training available in BNSSG**

This document has been produced in order to bring together an updated list of all the training available to clinical staff working in practices in Bristol, North Somerset and South Gloucestershire. This is to ensure that practices are aware of the full range of courses that are available, as well as any changes to programmes.

**1. LOCAL UPDATE TRAINING EVENTS**

**1.1 Unity Annual Update Day on Contraception and Sexual Health**

This isan annual whole day learning event delivered by Unity Sexual Health. It is aimed at GPs, practice nurses and anyone working in contraception and sexual health. The aim is to support clinical professionals in delivering effective and safe sexual and reproductive health care. It costs approximately £90 for doctors and nurses working in primary care and £55 for nurses working in contraception services.

The date for the next event is 11 May 2021.

Venue: Holiday Inn Filton

Enquiries to: Shonda Powell, Suite 313, 179 Whiteladies Road, Bristol, BS8 2AG Tel: 01225 436 129 Email: enquiries@spcorporateservices.com

NEW – we will be running a free remote 2 hour evening session on Tuesday 13th October (6.00-8.15pm ). This will include local service updates, contraception update and STI update. To book your place please email: enquiries@spcorporateservices.com

**1.2 Avon LMC Practice Staff Training**  - The LMC offer sexual health update courses for practice staff working in the Avon area. For details of forthcoming courses visit http://www.avonpracticetraining.co.uk/

**1.3 Avon Group for Contraception and Sexual Health** – aimed at doctors and nurses working in primary care and SRH. There are 3 evening meetings (with dinner) per year and topics include SRH; Gynaecology and psychosexual medicine. Membership fees are currently £30 / year for doctors and £15 for nurses which covers costs of meetings and supper. Membership is via Shonda Powell. shonda@spcorporateservices.com

**1.4 HIV testing for GP practices in areas of high HIV prevalence** – We run two lunchtime sessions, aimed at GP practices in areas of higher HIV prevalence. The aim is to raise awareness and reduce stigma around testing. Dates TBC

**1.5 Bespoke sexual health training to support school nurses** - NEW for 2020 Unity are running a bespoke course to support school nurses in the Bristol, North Somerset and South Gloucestershire area.

**1.5 Faculty registered trainer (FRT) meetings** – Unity hold two meetings per year for FRTs. These events are by invitation only. Any FRT working under the Bristol General Training Programme number should be added to our database by emailing DFSRHTraining@uhbw.nhs.uk

**2. LARC TRAINING in implant and “coil” fitting**

2.1 **Become a LARC fitter** - Doctors, nurses and physicians associates can obtain the FSRH (Faculty of Sexual and Reproductive) Letter of Competence in Intrauterine Techniques (LoC IUT) and Letter of Competence in Subdermal Contraceptive Implant Techniques (LoC SDI) in order to be able to provide LARC services. For more information about the training required please visit: <https://www.fsrh.org/education-and-training/>

The practical elements of the training may obtained:

1. via Unity - you would need to apply for an honorary contract with the trust and there is cost payable to Unity for organising this training in addition to the FSRH fees . Your practical sessions would take place in one of the Unity clinics and we would organise the lists. To apply please email: DFSRHTraining@uhbw.nhs.uk or call 0117 342 6951 or 342 6900.
2. via the local MSD or Bayer rep - you will need to pay the FSRH fees but the practical training may be arranged to be delivered free in your place of work. Unity take no part in this training. You would be responsible for setting up your own coil list with patients.

2.2 **Supporting Existing LARC Fitters** - Unity hold quarterly LARC fitter forum lunchtime meetings. These are an opportunity for LARC fitters to come together, share best practice and troubleshoot common problems. It is also an opportunity to discuss the latest clinical guidance and its practical application.

**3. GENERAL SEXUAL HEALTH QUALIFICATIONS**

**3.1 Diploma of the Faculty of Family Planning and Sexual and Reproductive Healthcare (DFSRH)**

The Diplomate Assessment of the Faculty of Sexual and Reproductive Healthcare (FSRH Diploma) is for healthcare professionals who wish to demonstrate that they have attained the knowledge, attitude and skills required to deliver safe and effective sexual and reproductive health care in community, primary and secondary care settings. The programme is open to clinicians with both registration and a licence to practise with a UK regulatory body. It is open to doctors, nurses and physicians associates. Visit www.fsrh.org for more information.

**3.2 RCGP Introductory Certificate in Sexual Health (ICSH)**

This course is designed to increase confidence in raising sexual health in consultations. It is also designed as preparation for the Faculty of

Sexual and Reproductive Health (FSRH) eKnowledge Assessment (see 1.2 above). The course consists of an e-learning module and a training day. It is targeted at generalist clinicians and practice nurses already working in general practice, trainee GP's and other allied professionals such as pharmacists.

<http://www.rcgp.org.uk/courses-and-events/substance-misuse-and-associated-health-landing-page/rcgp-introductory-certificate-in-sexual-health.aspx>

**3.3 STI Foundation (STIF) course of the British Association for Sexual Health and HIV (BASHH)**

http://www.bashh.org/BASHH/STIF/STIF\_Foundation/BASHH/STIF/STIF\_Foundation.aspx

This is a multi-professional course, which has been designed to be useful for doctors and nurses within primary care who may encounter patients with STIs as well as secondary care clinicians. The course is structured to include approximately 7 hours of **e-learning** followed by one **CORE/Foundation day** and one **STIF-PLUS contact day**. The course provides training in the attitudes, skills, and knowledge required for the prevention and management of STIs, using a variety of educational techniques.

**3.4 Integrated Sexual Health CPD at University of the West of England (UWE) Bristol**

UWE Bristol currently run degree level integrated sexual health modules suitable for practice nurses and allied health professionals:

For more information including part funding opportunities contact [Hettie.lean@uwe.ac.uk](mailto:Hettie.lean@uwe.ac.uk)

**4. Unity Young People Training - UYP (formerly 4YP training)**

Unity run a range of non-clinical training courses throughout the year for those working with young people. All courses are free. **To book a place please visit the website where you will find details of the Eventbrite booking link:**

<https://www.unitysexualhealth.co.uk/for-professionals/professional-development/>

1. **Introduction to working with young people on Sex and Relationships (1/2 day)**

This training prepares those who work with young people to answer queries about sex and relationships, and to refer young people to sources of further advice and services as appropriate.   It provides and understanding of the law relating to sex and relationship issues

Learning Outcomes

The attendee will :

* Have clarified how their role contributes to young people’s sexual health issues and local targets and priorities
* Explore issues of personal values and beliefs and their impact on professional boundaries
* Understand the law relating to sex and relationship
* Feel confident to signpost young people for relevant support

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| Thurs | 25/06/2020 | 9.30-1.30pm | Via ZOOM |
| Tuesday | 26/01/2021 | 9.30-1.30pm | TBC |

1. **BAME- Working with young people with BAME background**

This training is delivered by Unity partners, the Terence Higgins Trust. The learning event aims to support professionals who work with young people to explore issues relating to racial diversity and sexual health.

Learning Outcomes:

Provide an understanding of sexual health related racial inequalities

Explore how to make your services more inclusive for BAME service users

Provide tools and engagement methods to support young people with their sexual health

Dates: (you must attend both sessions)

These sessions will be facilitiated via Zoom. A zoom link will be sent to the email address with which you’ve registered 1 hour before the session. Attendees are required to attend session 1 before attending session 2.

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| Mon | 7th Sept 2020 | 9.30-12.30 | Part 1 – Via ZOOM |
| Mon | 14th Sept 2020 | 9.30-12.30 | Part 2– Via ZOOM |

1. **Consent**

This training aims help those working with young people understand the law, the gender norms, stereotypes and cultural factors which may affect young people’s ability to consent and provide resources to help young people to develop awareness and confidence in communicate about consent with their partners.

Outcome

* Understand the range of pressures that affect the negotiation of consent in relationships
* Understand the legal framework relating to consent and the myths
* Feels confident to explore with young people issues of seeking and receiving consent in sexual relationships
* Knows where to signpost young people for further support relating to experiences of non-consensual sex.

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|  | 5/03/2021 | 9.30-1.00pm | TBC |

1. **Healthy Relationships and Teen Abuse (1 day)**

This training will help those working with young people understand abusive teenage relationships, know how to respond effectively and safely and prevent abuse while promoting healthy relationships.

Outcomes

* Understands what domestic violence and abuse is; its forms and impacts on young people
* Understands the prevalence of abuse and the cultural context
* Can identify vulnerable young people and risk factors
* Feels confident dealing with disclosures and signposting to services
* Understands how to work with and refer on abusive young people
* Feels confident using practical activities with young people that will help prevent or stop abuse

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| Mon | 13th July | 9.30-12.30 | Part 1 – Via ZOOM |
| Tues | 14th July | 9.30-12.30 | Part 2– Via ZOOM |

1. **HIV awareness**

This training is delivered by Unity partners, the Terence Higgins Trust. The learning event aims to support professionals who work with young people to explore issues relating to HIV.

Outcomes:

* Provide an understanding of HIV transmission
* Discuss prevention strategies (safer sex, TaSP)
* Explore living with HIV and how to find out more through interactive group work
* Provide tools and engagement methods to support young people with their learning.

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| Mon | 02/11/2020 | 9.30-1.30pm | Via ZOOM |
| Mon | 15/03/2020 | 9.30-1.30pm | TBC |

1. **LGBTQ+ - Working with LGBTQ+ Young people**

This training is delivered by Unity partners, the Terence Higgins Trust. The event aims to empower attendees to work confidently with young people to explore issues around sexuality and gender.

Attendees will feel encouraged and supported to develop and deliver LGBTQ+ inclusive content and will have an increased knowledge and understanding of LGBTQ+ identities, reflecting on existing understanding and unconscious bias.

These sessions have been developed in conjunction with LGBTQ+ young people.

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| Mon | 15th June | 10-12 | Part 1 – Via ZOOM |
| Mon | 22 June | 10-12 | Part 2– Via ZOOM |
| Mon | 15 Feb 2021 | 9.30-1.30pm | TBC |

1. **Pornography, Sexting & Social Networks (1 day)**

This training aims to raise awareness of the role social media, pornography and sexting plays in young people sexual encounters and relationships.  Through learning about the impact on young people and the legal framework relating to sexting and pornography professionals will have then explore how to respond and support young people to keep themselves safe and nurture healthy relationships .

Outcomes

* Understand the messages and impact of social media, pornography and sexting on young people’s relationships
* Understand risks including the legal implications of pornography and sexting
* Feels confident to respond to situations involving pornography and/or sexting
* Is familiar with resources available and practical tools to support young people around issues associated  with social media, pornography and sexting

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| Mon | 09/11/2020 | 9.30-4.00pm | TBC |

1. **Pregnancy-Decisions and Dilemmas**

This is aimed at the Young People’s Workforce-those who work directly with young people such as Learning Mentors in schools, School Nurses, Support Workers, Young People’s housing workers, Youth Workers, drug and alcohol workers, those working for young people’s charities, social workers etc.

Outcomes:

* Identify tools, strategies and support for working with young people who are pregnant or at risk of pregnancy
* Increase confidence to discuss pregnancy options with young people
* Reflect on your own views of teenage pregnancy and abortion and how they might affect your  practice
* Confidentiality and the law

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| Weds | 01/07/2020 | 9.0-4.30pm | | POSTPONED | |
| Weds | 07/10/2020 | | 0930-1230 | | PART 1 – Via NEARPOD |
| 14/10/2020 | | 0930-1230 | | PART 2 – Via NEARPOD |
| Weds | 03/02/2021 | 9.0-4.30pm | | Central Health Clinic, BS2 0JD | |

1. **STIs and Chlamydia screening update**

Outcomes

* Understand the prevalence of STIs and chlamydia in young people
* Describe interventions that can reduce transmission of STIs and chlamydia
* Discuss the role of the Chlamydia screening programme in Bristol

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| Thurs | 05/11/2020 | 9.30-1.00pm | Central Health Clinic, BS2 0JD |

1. **STIs and contraception – myth-busting**

Outcomes

* Correct myth and misinformation surrounding STIs and contraception
* Support young people to be able to access reliable information
* Sign post young people for advice

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| Thurs | 10/09/2020 | 9.30-1.00pm | Central Health Clinic, BS2 0JD |
| Thurs | 11/02/2021 | 9.30-1.00pm | Central Health Clinic, BS2 0JD |

1. **Special Educational Needs & Disability (SEND) and Relationship &  Sex Education (RSE)**

Talking to young people about their sexual health can be a challenging experience. In this training, we draw on our 55 years of expertise of talking to young people about their sexual health and provide a comprehensive overview of the information that you need to know in order to work effectively in this area.

Delivering RSE isn’t easy for everyone, this training offers a comprehensive introduction to help you develop the confidence, knowledge and skills to plan and deliver good quality relationships and sex education for young people with additional needs.

Aim: To equip those working with SEND young people with core knowledge and a framework which they can build on to deliver high quality effective relationship and sex education which ensures the best outcomes for young people with additional needs in ways that work best in the real life context of their school.

By the end of the training participants will have gained knowledge and understanding of:

* RSE and its inclusivity.
* Explore personal barriers and how they can impact on professional work.
* Laws and policies protecting and educating young people with SEND.
* The impact of language and how to use it correctly.
* Explore varying presenting techniques for how to deliver RSE to SEND students.

This training is suitable for: Teaching professionals working with young people with additional needs.

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| Fri | 16/19/2020 | 9.30-4.00pm | TBC |

1. "**Principles of good sexual health provision for school nurses”**

Unity are hosting a series of three remote sessions ( each lasting 2 hours and 15 minutes) which have been developed bespoke for the school nursing team. The aim of these sessions is to support school nurses in responding to requests for information about STI testing and contraception and to be able to address any immediate concerns that a young person may have or sign-post as appropriate.

The dates and objectives for each session are as follows:

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| Session | Learning outcomes –  By the end of the session you will be able to... | Date |
| 1- Chlamydia testing and sexually transmitted infection (STI) overview | 1. Advise young people how to order and undertake a chlamydia test 2. Describe common STIs and possible symptoms; 3. Discuss risk-reduction strategies such as condom use; 4. Describe to a young person how they can access services if they have any STI concerns 5. Sign post to relevant services | Weds 9 September 0930-1145 |
| 2- Emergency contraception (EC) | 1. Make an assessment of when EC is indicated, 2. Discuss what types of EC are available to the young person within the given time frames, 3. Facilitate access to oral EC or referral for an em IUD 4. Identify possible safeguarding concerns and sig post as appropriate | Weds 4 November 0930-1145 |
| 3 - Pregnancy testing(PT) | 1. Discuss limitations of timing of a negative result in terms of window period; 2. Sign post if PT is positive 3. Provide support around pregnancy decisions; 4. Provide ongoing contraceptive advice if PT is negative | Weds 11 November 0930-1145 |

* 1. **C –card training:**

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| Thurs | 19/03/2020 | 9.30-1.30pm | BROOK |
| Thurs | 21/05/2020 | 9.30-1.30pm | BROOK |
| Tues | 07/07/2020 | 9.30-1.30pm | ZOOM |
| Fri | 18/09/2020 | 9.30-1.30pm | TBC |
| Tues | 17/11/2020 | 9.30-1.30pm | TBC |
| Fri | 22/01/2021 | 9.30-1.30pm | TBC |
| Tues | 16/03/2021 | 9.30-1.30pm | TBC |
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 Please note the above dates are available to those working in the Bristol area only.

For those working in South Gloucestershire please visit:

<http://www.southglos.gov.uk/health-and-social-care/staying-healthy/sexual-health/sexual-health-services/sexual-health-information-and-advice-for-professionals-parents-and-carers/>

For those working in North Somerset please email Kate Blakley, Health Improvement specialist: [Kate.Blakley@n-somerset.gov.uk](mailto:Kate.Blakley@n-somerset.gov.uk).