

# Sexual Health and Blood Borne Virus Training Programme



April 2019 - March 2020



**SH&BBV**  
TAYSIDE

## Dates for 2019 – 2020

April 2019	May 2019	June 2019
<p><b>26<sup>th</sup> April</b> : 9.15am-1.00pm Condom Distribution Scheme for Young People <b>Seminar Room 4, Perth Royal Infirmary, Perth</b></p>	<p><b>20<sup>th</sup> May</b>: 9.15am- 4.30pm Addressing the Sexual Health Needs of LGBT Community <b>Room C, Improvement Academy, Ninewells</b></p>	<p><b>3<sup>rd</sup> June</b> : 9.15am-1.00pm Condom Distribution Scheme for Young People <b>Committee Room 2, Level 10, Ninewells Hospital, Dundee</b></p> <p><b>10<sup>th</sup> June</b>: 10:00am-3:30pm Introduction to Sexual and Reproductive Health <b>Room D, Improvement Academy, Ninewells</b></p>
July 2019	August 2019	September 2019
	<p><b>5<sup>th</sup> August</b> : 10am-3:30pm Safe Relationships and the law on sex for the under 16s <b>Room A, Improvement Academy, Ninewells, Dundee</b></p> <p><b>15<sup>th</sup> &amp; 16<sup>th</sup> August</b> : 9.30 4.30pm Sexual Health, BBV &amp; Harm Reduction 2 Day Training for Staff Working with Vulnerable Young People <b>Room A, Improvement Academy, Ninewells, Dundee</b></p>	<p><b>2<sup>nd</sup> September</b> : <b>9:15am-1.00pm</b> Condom Distribution Scheme for Young People <b>Rescobie Room, Whitehills, Forfar</b></p> <p><b>5<sup>th</sup> &amp; 6<sup>th</sup> September</b> : <b>9.30am- 4.30pm</b> Sexual Health, BBV &amp; Harm Reduction 2 day training for staff working with Vulnerable Young People <b>Seminar Room 4 and Board Room Perth Royal Infirmary</b></p> <p><b>12<sup>th</sup> September</b> : <b>10.00am-4.00pm</b> Sex, Drugs, &amp; BBVs <b>Board Room, Arbroath Infirmary, Arbroath</b></p>
October 2019	November 2019	December 2019
<p><b>2<sup>nd</sup> &amp; 3<sup>rd</sup> October</b> : <b>9.30am- 4.30pm</b> Sexual Health, BBV &amp; Harm Reduction 2 Day Training for Staff Working with Vulnerable Young People <b>Room C, Improvement Academy, Ninewells , Dundee</b></p> <p><b>25<sup>th</sup> October</b> : <b>10.00am-3.30pm</b> Young People Online: Pornography, Sex and Relationships <b>Venue tbc</b></p>	<p><b>7<sup>th</sup> November</b> : <b>10.00am-4.00pm</b> Sex , Drugs &amp; BBV <b>Seminar Room 4, Perth Royal Infirmary</b></p> <p><b>22<sup>th</sup> November</b> : <b>9.30am-3.30pm</b> Young People Online, Pornography, Sex and Relationships <b>Room D, Improvement Academy Ninewells, Dundee</b></p> <p><b>22 November</b> : <b>10am-4pm</b> <b>Assertiveness training for professionals working with clients with additional support needs/sexuality</b> <b>Seminar Room, Kings Cross, Dundee</b></p>	<p><b>5<sup>th</sup> December</b> : <b>10.0am-4.00pm</b> Sex Drugs &amp; BBV <b>Room C, Improvement Academy, Ninewells , Dundee</b></p> <p><b>6<sup>th</sup> December</b>:<b>10:00am-3:30pm</b> Introduction to Sexual and Reproductive Health <b>Room A, Improvement Academy, Ninewells, Dundee</b></p> <p><b>16<sup>th</sup> December</b>: <b>9.15am– 4.30pm</b> Addressing the Sexual Health Needs of LGBT Community <b>Room A, Improvement Academy, Ninewells, Dundee</b></p>
January 2020	February 2020	March 2020
	<p><b>6<sup>th</sup> February</b> : <b>10am-3.30pm</b> Safe Relationships and the law on sex for the under 16s <b>Room A, Improvement Academy, Ninewells, Dundee</b></p> <p><b>7<sup>th</sup> February</b> : <b>10.00am-3.30pm</b> Young People Online, Pornography Sex and Relationships <b>Venue tbc</b></p>	

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## Introduction

The SHBBV Managed Care Network delivers training throughout the year with the aim to develop a **confident & competent workforce**. This training is available for clinical & non-clinical professionals across all agencies and where appropriate volunteers, other members of the public & specific groups as detailed in the training course descriptions

### WORKING PRINCIPLES

All training will be:

- undertaken by skilled and confident trainers
- based on the best epidemiological and research evidence available
- evaluated and updated accordingly
- demonstrate gender sensitive practice
- address inequalities
- multi-faceted and delivered through appropriate partnership working arrangements

## Outcome Indicators

All training links to the undernoted Outcome Indicators from the Scottish Government Sexual Health & Blood Borne Virus Framework (2015-2020 update)

1. Fewer sexually transmitted infections; fewer unintended pregnancies
2. A reduction in the health inequalities gap in sexual health
3. People affected by blood borne viruses lead longer, healthier lives
4. Sexual relationships are free from coercion and harm
5. A society and culture whereby the attitudes of individuals, the public, professionals and the media in Scotland towards HIV are positive, non-stigmatising and supportive

## Participant Information

Places are limited **so please book early** to avoid disappointment.

You will receive confirmation of your place by **email**.

If you receive confirmation and are no longer able to attend please notify us immediately so that your place can be re-allocated

All participants require Line Management permission to attend training

## How to book

Please go to <https://www.sexualhealthtayside.org/professionals/training/> to book individual training

**For targeted training** please book via the contact details specified within the training description.

## Bespoke Training

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

If you have a large group of staff who cannot attend scheduled sessions, we can consider bespoke training to meet the specific needs of your department.

Contact us at: [Tay-UHB.srhtraining@nhs.net](mailto:Tay-UHB.srhtraining@nhs.net)

## Learnpro

NHS Tayside provides a range of mandatory and topic specific eLearning modules for NHS Staff.

Mandatory modules for NHS staff include Equality & Diversity and Gender Based Violence both of which are relevant to this training programme

Link to [Learnpro](#)

# Addressing the Sexual Health Needs of the LGBT Community

**Co-Facilitated by:** LGBT Youth Scotland, Terrence Higgins Trust Scotland and SH & BBV MCN

**Course Assessment:** Post course evaluation

**Target Group:** All practitioners whose services support LGBT people

**Minimum No of Participants:** 15

**Aim:** To increase awareness of practitioners to the issues faced by the LGBT Community when assessing (sexual) healthcare and how to support their needs. This training will also highlight best practice examples from across Scotland, using current resources and toolkits.

## Learning Outcomes:

- Increased confidence working with the LGBT community to support and promote their sexual health, emotional health and wellbeing
- To enable good practice and support for LGBT communities and their families
- Increased knowledge of risk taking behaviour
- Increased understanding of the barriers faced by the LGBT community accessing health services. How their experiences of discrimination may lead to increased need for additional support
- Highlight the effect that stigma can have on LGBT community looking to access services

To reserve a place on this course please [click here](#)

# Condom Distribution Scheme for Young People

**Facilitated by:** Sexual Health & BBV MCN

**Course Assessment:** Pre & post evaluation

**Target Group:** Organisations wishing to become part of the condom distribution scheme for young people. Professionals wishing to improve their skills and knowledge on condom provision and sexual health and relationship support

**Minimum No of Participants:** 10

**Aim:** This training will enable you to be confident and competent to provide condoms & sexual health and relationships support in a safe and confidential environment.

## Learning Outcomes:

- Increased knowledge around consent, confidentiality and child protection
- Increased competence in providing a safe confidential space for young people to access support for sexual health and related issues
- Be competent in using risk assessment guideline and tools
- Know how to signpost to services
- Become familiar with the ordering and "CCardApp" unlocking procedures

To reserve a place on this course please [click here](#)

## Sex Drugs & BBV Training (1 day course) for staff working with people who use drugs

**Co-Facilitated by** SDF, Sexual Health & BBV MCN

**Course Assessment:** Post course evaluation

**Target Group:** All professionals wanting to increase their knowledge around Sexual Health and Substance Use and in particular those people who work with people who use drugs

**Minimum No of Participants:** 15

**Aim:** To increase workers' understanding and knowledge of key issues related to blood borne viruses (BBVs) with a particular emphasis on risks associated with drug use and sexual and reproductive health

### Learning Outcomes

By the end of this course participants will be able to:

- Competently and confidently engage with service users and professionals on issues around BBVs
- Recall transmission routes of the different BBVs
- Describe harm reduction strategies
- Analyse why people take risks around BBVs
- Recognise the benefits of early BBV diagnosis and accessing treatment
- Explore attitudes to those living with BBVs
- Recall effective interventions and techniques for working with people who may be living with or at risk of contracting a BBV

To reserve a place on this course please [click here](#)

## Sex Drugs & BBV Training (2 day course) for staff working with vulnerable young people

**Co-Facilitated by** SDF, Sexual Health & BBV

**Target Group:** For staff working with vulnerable young people to increase their knowledge around Sexual Health and Substance Use

**Minimum No of Participants:** 15

### Aim of the training:

To equip workers with the knowledge, skills and confidence to support young people around sexual and reproductive health and drug use

### Learning Outcomes

By the end of this course participants will be able to:

- Identify vulnerabilities regarding drug use and sexual health
- Recall what the law says with regards to sexual and reproductive health
- Describe the impact of drug use on sexual and reproductive health
- State basic information on contraception and sexually transmitted infections
- Understand the challenges faced by young people around sexual orientation and gender identity
- Challenge perceptions and beliefs around sexual and reproductive health and drug use

To reserve a place on this course please [click here](#)

# Introduction to Sexual & Reproductive Health

**Facilitated by:** Sexual Health & BBV MCN

**Course Assessment:** Post evaluation

**Target Group:** For clinical and non clinical 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

**Minimum No of Participants:** 15

**Aim:** This training will provide you with an introductory level of knowledge around Sexual & Reproductive Health

**Learning Outcomes:**

- How to raise issues of sexual health & wellbeing
- Have an increased awareness of both the local and national sexual health & wellbeing issues
- Increase awareness of the range of contraception currently available
- Be aware of sexually transmitted infection signs and symptoms, how they are transmitted, prevented and understand the principles of treatments.
- Have a basic understanding of referral routes for testing and treatment

To reserve a place on this course please [click here](#)

# Safe Relationships & the Law on Sex for the Under 16s

**Facilitated by:** Scottish Child Law Centre (SCLC)

**Course Assessment:** Post course evaluation

**Target Group:** Professionals

**Minimum No of Participants:** 15

**Aim:** To explore the law in relation to underage sexual activity and clarify the context relating to the law and the perspective and practice of professionals.

**Learning Outcomes:**

By the end of this course participants will have:

- Basic understanding of Scottish Law as it applies to sexual activity, young people and vulnerable adults
- Increased confidence and knowledge around current issues relating to underage sexual activity
- Understanding of report mechanisms and help and support available

To reserve a place on this course please [click here](#)

# Young People Online: Pornography, Sex and Relationships

**Facilitated by:** R.J. Training & Sexual Health & BBV MCN

**Course Assessment:** Post evaluation

**Target Group:** Professionals working with young people

**Minimum No of Participants:** 15

**Aim:** Raise awareness of pornography and technology as it relates to young people, sexual health and relationships

**Learning Outcomes:**

- Build confidence in communicating with young people around all aspects of sexual health and relationships by encouraging an open and honest discourse around young people's sexual behaviour and influences
- Ensure those who attend the training are equipped to answer questions from young people around sexual health, pornography and technology.

To reserve a place on this course [click here](#)

# Targeted Training

## Speakeasy Parenting Programme Training

**Co-Facilitated by:** R & J Consultancy and Sexual Health & BBV MCN

**Course Assessment:** Post course evaluation

**Target Group:** Professionals who currently work with parents and carers

**Minimum No of Participants:** 15

**Aim:** To train individuals who will deliver the Speakeasy Parenting Programme in the community for parents & carers on speaking to children growing up, relationships and sexual health. There must be a commitment to delivering one 8-week programme per year with support from SH & BBV MCN..

### Learning Outcomes:

By the end of this course Facilitators will have confidence & competence to deliver a minimum of 1 Speakeasy Programme per year.

**If you would like further information please contact: [lmckerrecher@nhs.net](mailto:lmckerrecher@nhs.net) Tel: 07920 503897**

## Speakeasy Course for Parents and Carers

**Facilitated by:** NHS Tayside Speakeasy Facilitators

**Course Assessment:** N/A

**Target Group:** Parents and Carers

**Minimum No of Participants:** 6

**Aim:** To help parents and carers of children of any age to tackle the complex and often difficult issues of growing up, sex and relationships. The course provides information, resources and support to enable them to confidently take on the role of educators in their home.

**Learning Outcomes:** By the end of the programme participants will have the skills, knowledge and confidence to support their children around various aspects of growing up in an age appropriate way

If you would like to find out more about the Speakeasy project please contact **Linzi McKerrecher (Speakeasy Co-ordinator) on [lmckerrecher@nhs.net](mailto:lmckerrecher@nhs.net) or on 07920 503897.**

More information about the project can be found [HERE](#)  
or on our Facebook page <https://www.facebook.com/Speakeasy-1651052668445100/?ref=bookmarks>  
<https://www.youtube.com/watch?v=Phntb59xN34>

## A one day introduction for professionals working with clients with additional support needs/sexuality

**Facilitated by:** Adrienne Hannah, The Training Co-operative

**Course Assessment:** Post course evaluation

**Target Group:** Nurses, social workers, teachers and support staff working with people with additional support needs.

**Minimum No of Participants:** 12

**Aim:** To give staff an awareness of assertiveness skills which can be developed with people with additional support needs.

### Learning Outcomes:

- Increased awareness of the needs of people with ASN to develop assertiveness skills
- Increased knowledge of assertiveness skills in relation to sexual and reproductive health
- Gain skills and awareness in addressing issues of assertiveness for people with ASN
- Become familiar with the Tayside assertiveness pack

To reserve a place on this course [click here](#)

## Making Choices Keeping Safe

**Facilitated by:** Adrienne Hannah, The Training Co-operative

**Course Assessment:** Post course evaluation

**Target Group:** Nurses, social workers, teachers, support staff working with people with additional support needs, as well as parents and carers.

**Minimum No of Participants:** 12

**Aim:** This course, delivered over 2 x 2 days, will increase your knowledge and skills around the issues covered in Tayside's Making Choices Keep Safe: guidelines for those caring for people with learning disabilities on relationships and sexual wellbeing.

### Learning Outcomes:

- Gain skills and awareness in addressing issues of sexuality
- Address values and attitudes and the impact these have on work
- Increase knowledge of rights ,legislation and policy issues
- Understand group work with people with additional support needs
- Highlight key content areas for sex and relationship work with people with additional support needs
- Gain awareness of sources of help

**If you would like more information please contact:** [Allison.stewart@nhs.net](mailto:Allison.stewart@nhs.net) Tel: 01382 424054

## Tayside Sexual & Reproductive Health Update Day

**Facilitated by:** Tayside Sexual & Reproductive Health Service

**Course Assessment:** Post course evaluation

**Target Group:** GPs and Practice Nurses work with patients with issues relating to sexual and reproductive health.

**Minimum No of Participants:** 50

**Fee:** *to be advised*

**Aim:** To provide an annual update that supports safe and effective delivery of sexual and reproductive health services.

**Learning Outcomes:** One day update includes a variety of presentations on topics related to Sexual & Reproductive Health Care.

If you would like more information or to reserve a place on this course please contact: [Val,machir@nhs.net](mailto:Val.machir@nhs.net) Tel: 01382 425533

## Faculty of Sexual & Reproductive Healthcare (FSRH) Accredited Competencies

**Facilitated by:** Tayside Sexual & Reproductive Health Service (TSRHS) is an accredited training centre supporting clinicians (nurses and doctors) who wish to obtain the DFSRH.

**Target Group:** The Diplomate Assessment of the FSRH (DFSRH) is for doctors, nurses and midwives who wish to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

**Aim (of the clinical experience/ assessment at TSRHS):** To support practitioners to achieve their DFSRH and associated clinical competencies through practical training and assessment at Tayside Sexual & Reproductive Health Service (TSRHS) or by GP faculty registered trainers.

### **Overall learning Outcome of the DFSRH:**

To attain the knowledge, attitude and skills required to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

Please note that the 3 stages of training build on each other:

- the online knowledge assessment (eKA) (done on the FSRH website),
- the Course of 5 (one day of small group workshops) (delivered by TSRHS or by other SRH services in Scotland and the rest of the UK)
- the clinical experience/assessment (at TSRHS).

It is advisable to check on local waiting times and availability of the third step (clinical experience/assessment) before deciding when to embark on DFSRH training.

Training is organised based on local requirements and there are **costs** associated with this.

For more information on costs and to register an interest please contact: [shtraining.tayside@nhs.net](mailto:shtraining.tayside@nhs.net)

Further details about the courses can be found at <http://www.fsrh.org/pages/Training.asp>

## Faculty of Sexual & Reproductive Healthcare (FSRH) Diploma

**Training Centre: Faculty of Sexual & Reproductive Health.** Contact [www.fsrh.org](http://www.fsrh.org) for further information.

**Target Group:** The Diplomate Assessment of the FSRH (DFSRH) is for doctors, nurses and midwives who wish to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

**Aim (of the clinical experience/ assessment at TSRHS):** To support practitioners to achieve their DFSRH and associated clinical competencies through practical training and assessment at Tayside Sexual & Reproductive Health Service (TSRHS) or by GP faculty registered trainers.

**Overall learning Outcome of the DFSRH:** To attain the knowledge, attitude and skills required to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

Please note that the 3 stages of training build on each other:

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Training is organised based on local requirements and there are **costs** associated with this.

For more information on costs and to register an interest please contact: [shtraining.tayside@nhs.net](mailto:shtraining.tayside@nhs.net)

Further details about the courses can be found at <http://www.fsrh.org/pages/Training.asp>

## E-Learning Modules

### Hepatitis

RCGP - Hepatitis B and C: Detection, Diagnosis and Management

Available from: <http://www.rcgp.org.uk/courses-and-events/online-learning/ole/hepatitis-b-and-c.aspx>

### Health Scotland Virtual Learning Environment

<http://elearning.healthscotland.com/>

Courses in health behaviour change, tackling inequalities and brief interventions amongst others. Anyone can access this and courses are free.

### For nurses, doctors or anyone working for the NHS and/or Social Care:

#### Sexual & Reproductive Health:

<https://www.e-lfh.org.uk/programmes/sexual-and-reproductive-healthcare/>

#### Sexual Health/ HIV:

<https://www.e-lfh.org.uk/programmes/sexual-health-and-hiv/>

#### Child Sexual Exploitation:

<https://www.e-lfh.org.uk/programmes/child-sexual-exploitation/>

#### Female Genital Mutilation:

<https://www.e-lfh.org.uk/programmes/female-genital-mutilation/>

#### Safeguarding of Children and Young People:

<https://www.e-lfh.org.uk/programmes/safeguarding-children/>

# Map to Improvement Academy, Ninewells

