



**THE
EDDYSTONE
TRUST**

HIV and Sexual Health Services

**HIV & Sexual Health
Training Programme
September 2011 -
April 2012**

**Courses for
workers in the statutory and
voluntary health and social care
sector in Devon, Plymouth and
Torbay**

CPD
CERTIFIED
The CPD Certification
Service

CONTENTS

CONTENTS	2
INTRODUCTION	3 - 5
REGIONAL HIV & SEXUAL HEALTH CONFERENCE.....	6
HIV: EVERYBODY'S BUSINESS - AN INTRODUCTION.....	7
REDUCING TEENAGE CONCEPTIONS SEMINARS.....	8
WORKING WITH YOUNG LGBT PEOPLE SEMINARS.....	9
BLOOD BORNE VIRUS AWARENESS.....	10
LIVING WITH HIV.....	11
MAKING IT COUNT	12
HIV & SEXUAL HEALTH.....	13
DRUGS, ALCOHOL AND SEXUAL HEALTH	14
SEXUAL HEALTH (LEVEL ONE)	15
SEXUAL HEALTH (LEVEL TWO)	16
DELAY/ R U READY?	17
DIFFERENT STROKES: SOUTH WEST.....	18
GO GIRLS!	19
WEBSITE AND RESOURCES	20
BOOKING FORM.....	21 - 22
WHAT PEOPLE SAY ABOUT US.....	23
CONTACT.....	24

INTRODUCTION

The Eddystone Trust training programme facilitates the development and delivery of effective sexual health promotion messages to people across Devon, Cornwall and Somerset. Our training supports National, Regional and Local Sexual Health Strategies that aim to improve the relationships and sexual health of people in the South West, including reducing the rates of sexually acquired infections and unintended teenage conceptions.

All of our training meets the **Recommended Quality Standards for Sexual Health Training** (Striving for Excellence in Sexual Health Training) as set out by the Department of Health 2005 which aim 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'*.

Sessions include integrated opportunities for both personal and professional development alongside space to address relevant issues, sharing of good practice and the development of practical skills and strategies for effective sexual health work.

Our training style is participatory, aiming to build on the knowledge and experience of group members within a safe and supportive learning environment.

OUR TRAINING PHILOSOPHY

As a training provider we believe that:

- individuality and diversity should be celebrated
- people learn more if they feel safe and supported
- sexual health promotion training should encourage personal as well as professional development and
- trainers and participants should act and speak with respect towards others.

We are committed to continual improvement and actively use the information gathered from participant evaluations in the development of our training courses. This way we are able to utilise practical experiences gained 'in the real world' alongside learning and knowledge gleaned from research and policy development.

We understand that each agency has different needs and can deliver the courses in this programme directly to your workforce or develop a bespoke package for you that meets the specific needs of your workers and area of service delivery.

We also believe that our training should have a real impact on the sexual health of people in the South West. We work with individuals and agencies to assist in policy development, service design and quality assurance measures related to HIV and sexual health, helping people to make the most of the learning gained from our training.

If you would like to enquire about these services or need any advice or information about sexual health or HIV please contact us on training@eddystone.org.uk

BOOKING A PLACE — THINGS YOU NEED TO KNOW

You can use the online booking form at our website www.eddystone.org.uk or print off an application form and return to the address provided. Please use one form for each individual applying, once places have been allocated you will receive a booking confirmation.

The courses are open to anyone who feels their practice would benefit from our training. They have been designed to meet the needs of a wide range of participants including community nurses, GUM and contraceptive staff, doctors, clinical staff, outreach workers, staff from health promotion services, local authority social care and staff and volunteers in voluntary sector organisations.

Places on our training are limited, we are currently able to offer **free** places to people who work in Devon, Plymouth and Torbay. These places are funded by Local Authorities and local NHS bodies and subject to a late cancellation fee of £80. If you do not work in Devon, Plymouth or Torbay we may still be able to offer you a place, please contact us for availability and cost.

Please take note of specific start and finish times as, due to the comprehensive content, participants need to be able to attend the whole course.

Accreditation

All our training is CPD (Continuing Professional Development) certified so you can be assured of quality and consistency across our programme.



REGIONAL HIV & SEXUAL HEALTH CONFERENCE

Rougemont Hotel, Exeter, Thursday 29th September 2011

Examining HIV & its impact on individuals, communities & services. Updating on HIV treatment, looking at working with an ageing HIV positive population as well as focussing on young people, prison populations, men who have sex with men & other hard to hear groups

Learning Outcomes

- A greater understanding of the latest prevalence rates of HIV, both nationally and locally
- A better understanding & critical awareness of HIV issues, including prevention, testing and support
- An opportunity to consider the Making It Count framework for HIV prevention with gay & bisexual men, explore a range of interventions aimed at men who have sex with men as well as looking at strategic & sector based issues
- A deeper understanding of the possibilities of using web technologies & managing social media interventions as a preferred method in HIV prevention & treatment for some communities
- Have considered the challenges of working to provide HIV & sexual health information in an engaging way in a prison environment, & have an opportunity to explore the toolkit, recently developed to assist those working in prisons in this work
- Have increased information & a greater understanding of HIV & issues relating to HIV in the context of sexual health & teenage pregnancy
- Have an enhanced awareness of the key concerns for older people living with HIV & have considered possible strategies for improving support & care

Who is this event for?

Commissioners, clinicians, health promotion workers, prison staff, social workers, care workers, youth workers, teaching staff, communications staff, managers, school nurses, drug and alcohol workers, support workers all health & social care staff

This event is CPD accredited.



HIV: Everybody's Business-An Introduction

Half Day Seminars

**What is HIV?
What is it like to live with the virus?
Is there treatment available?**

Being aware of HIV is the first step in taking action

Aim

To provide an opportunity to raise awareness of HIV and HIV services in the South West

Learning Outcomes

- Understand what HIV is and how it can be transmitted
- Explore some common myths and stereotypes that exist around HIV
- Have a greater awareness of current HIV statistics, treatments as well as information about the work being done by The Eddystone Trust in the South West
- Have a greater awareness and understanding on this year's World Aids Day campaign

These seminars are designed to precede World Aids Day and there will be an opportunity to order campaign materials.

Seminar Dates

Tuesday 15 th November	Torbay	10.00am-12.30pm
Monday 14 th November	Exeter	10.00am-12.30pm
Thursday 24 th November	Plymouth	10.00am-12.30pm

Recommended Prior Learning

None

Refreshments

Tea and coffee will be provided.

Target Audience

These seminars are designed for those with no or little prior knowledge of HIV and HIV related issues.



Reducing Teenage Conceptions

Half Day Seminars

Aim

To provide an opportunity to raise awareness of issues for young people around relationships, sexual health, pregnancy and teenage parenthood.

Learning Outcomes

Participants will:

- Be able to define their roles and responsibilities regarding relationships and sex when working with young people.
- Awareness or to begin to understand how personal values and attitudes can impact on their work
- Be aware of the key legal and policy issues relating to young people and sexual health including consent and confidentiality
- Be able to appropriately support understanding of entitlement / age appropriate young people to access sexual health services
- Be aware of the range of local sexual health resources and services and how to signpost to them
- Be aware of You're Welcome – quality criteria for young people accessing health services
- Have an understanding of young people's entitlement of appropriate sex and relationships education and the national guidance.
- Have an understanding of what support and further training may be available to workers.

Seminar Dates

Tuesday 6th December	Torbay	10.00am-12.30pm
Tuesday 31st January	Torbay	10.00am-12.30pm
Thursday 22nd March	Torbay	10.00am-12.30pm

Recommended Prior Learning

None

Refreshments

Tea and coffee will be provided.

Target Audience

Anyone working with young people or parents in **Torbay**, from any Sector; or who want to know more about reducing teenage pregnancies in Torbay.

Please note, these seminars are only available to those working in Torbay

'Working with LGBT Young People' Half Day Seminars

To launch our newly developed resource on working with young lesbian, gay, bisexual and transgender (LGBT) people, we are running short seminars as an introduction to this area. These seminars are suitable for anyone working with young people and copies of our new resource will be available at these events.

Aim

This seminar will give participants a basic introduction to the issues to consider when working with LGBT people and to reduce health inequalities experienced by LGBT people

Learning objectives

- Understanding of the social and cultural context of LGBT people
- Awareness of LGBT peoples health and wellbeing needs, with a particular focus on people in the South West
- Have an awareness of The Eddystone Trusts newly developed resource supporting people working with LGBT young people

Seminar Dates

Thursday 8th March	Exeter	10.00am-12.30pm
Tuesday 13th March	Torbay	10.00am-12.30pm
Friday 16th March	Plymouth	10.00am-12.30pm

Recommended Prior Learning

None

Refreshments

Tea and coffee will be provided.



Blood Borne Virus Awareness

One Day Course

Aim

To increase knowledge and understanding of HIV and Hepatitis. The day will focus on: transmission, prevention, testing, issues for people living with HIV and Hepatitis and challenging discrimination.

Learning Outcomes

- Describe and explain what HIV, Hepatitis B and Hepatitis C are and how they can be transmitted
- Describe and explain practices which reduce risk of blood borne virus (BBV) transmission
- Have an understanding and a critical awareness of testing issues
- Have explored myths around BBV's and developed skills to challenge discrimination and stigma
- Reflect on personal, societal and cultural issues towards people living with HIV and/or Hepatitis B and C

Course Dates

Tuesday 25th October	South Molton	9.30am-4.30pm
Tuesday 1st November	Torquay	9.30am-4.30pm
Wednesday 30 th November	Exeter	9.30am-4.30pm
Wednesday 7th December	Plymouth	9.30am-4.30pm
Thursday 19th January	Plymouth	9.30am-4.30pm
Thursday 2 nd February	Torbay	9.30am-4.30pm
Friday 24 th February	Okehampton	9.30am-4.30pm
Thursday 15th March	Plymouth	9.30am-4.30pm

Accreditation

This course is CPD Certified

Recommended Prior Learning

None

Refreshments

Tea and coffee will be provided.



Living With HIV

One Day Course

Aim

To increase knowledge and understanding of the impact of living with HIV on individuals. The day will focus on: transmission, treatment, key issues for people diagnosed and living with HIV in the UK and in the South West, and challenging stigma and discrimination.

Learning Outcomes

- Describe and explain what HIV is and how it can be transmitted
- Reflect on the possible thoughts, feelings and implications on individuals being diagnosed HIV positive
- Have an understanding and critical awareness of HIV treatments and subsequent lifestyle issues
- Have examined the key issues for people living with HIV in the South West
- Have explored myths around HIV and have developed skills to challenge discrimination and stigma
- Reflect on personal, societal and cultural issues towards people living with HIV

Course Dates

Thursday 8 th December	Exeter	9.30am-4.30pm
Wednesday 15 th February	Plymouth	9.30am-4.30pm
Thursday 1st March	Torbay	9.30am-4.30pm

Accreditation

This course is CPD Certified

Recommended Prior Learning

Blood Borne Virus Awareness

Refreshments

Tea and coffee will be provided.



Making It Count Half Day Course

Working with the national HIV prevention strategy for minimising HIV transmission during sex between men

Aim

To be able to improve sexual health interventions with men who have sex with men

Learning outcomes

- To understand the national Making it Count 4 (MIC4) strategy
- To be able to plan and execute direct contact work with men who have sex with men (MSM)
- To better understand interventions, needs assessment and programme planning for working with MSM and HIV prevention
- To explore and understand the ten prevention choices within MIC4

Course Dates

Thursday 27th October	Torbay	9.30am-1.00pm
Tuesday 13th December	Exeter	9.30am-1.00pm
Thursday 16th February	Plymouth	9.30am-1.00pm

Accreditation

This course is CPD Certified



Recommended Prior Learning

None

Refreshments

Tea and coffee will be provided.

HIV and Sexual Health Awareness

One Day Course

Aim

To give participants a basic understanding of HIV and sexual health and have an opportunity to explore values and attitudes around HIV and sexual health.

Learning Outcomes

- A basic understanding of sexual health; have explored an holistic model of sexual health and understand how to apply it when providing sexual health information
- A basic understanding of HIV and sexually transmitted infections; describe and explain how they are transmitted and practices which reduce risk of transmission
- Demonstrate how attitudes, media, cultural differences and values affect our perceptions of HIV and sexual health
- An increased knowledge of the different kinds of contraception available
- An increased understanding legislation related to sexual health; e.g. Fraser Guidelines, Sexual Offences Act, Confidentiality
- An awareness of local and national HIV and sexual health services and how to access them

Course Dates

Friday 21 st October	Okehampton	9.30am-4.30pm
Wednesday 14 th December	Torbay	9.30am-4.30pm
Tuesday 7 th February	Exeter	9.30am-4.30pm

Accreditation

This course is CPD Certified

Recommended Prior Learning

None

Refreshments

Tea and coffee will be provided.



Drugs, Alcohol and Sexual Health

One Day Course

Aim

To enable participants to increase their knowledge and understanding of the link between drug and alcohol use and their impact on sexual health and relationships.

Learning Outcomes

- Gain a greater awareness and understanding of the impact drug and alcohol use has on sexual health and relationships.
- Have an up to date knowledge of the effects of drugs and alcohol and how to communicate this to different client groups.
- Be able to explore values, attitudes and beliefs concerning drug and alcohol use, their users and sex and relationships.
- Have knowledge of organisations and services both locally and nationally that support drug and alcohol awareness and sexual health work.
- Increase confidence and skills in working with clients specifically around drug and alcohol use and sexual behaviour.
- Have some practical tools to raise awareness about drug and alcohol use and sexual health.

Course Dates

Tuesday 22 nd November	Exeter	9.30am-4.30pm
Wednesday 18 th January	Torbay	9.30am-4.30pm
Monday 13 th February	Okehampton	9.30am-4.30pm

Accreditation

This course is CPD Certified

Recommended Prior Learning

A basic understanding of HIV, Sexual Health and Drugs and Alcohol

Refreshments

Tea and coffee will be provided.



Sexual Health (Level 1)

One Day Course

Aim

To give participants a basic knowledge, level of skills and confidence around communicating sexual health and signposting to appropriate services. This is multi agency training and is appropriate for all. This course is essential for progressing to C-Card or other courses.

Learning Outcomes

- Have a basic understanding of sexual health, have explored an holistic model of sexual health and understand how to apply it when providing sexual health information
- Have a basic understanding of HIV and sexually transmitted infections; describe and explain how they transmitted and practices which reduce risk of transmission
- Demonstrate how attitudes, media, cultural differences and values affect our perceptions of HIV and Sexual Health
- Understand key aspects of sexual health and the law
- Explored and developed positive values and attitudes to sexual health
- Have increased information on where to signpost young people
- Have increased confidence in discussing sexual health issues

Course Dates

Tuesday 27 th September	Exeter	9.30am-4.30pm
Thursday 10 th November	Torbay	9.30am-4.30pm
Saturday 14 th January	Buckfastleigh	9.30am-4.30pm
Tuesday 24 th January	Torbay	9.30am-4.30pm
Wednesday 7 th March	South Molton	9.30am-4.30pm

Accreditation

This course is CPD Certified



Recommended Prior Learning

None

Refreshments

Tea and coffee will be provided.

Sexual Health (Level 2)

One Day Course

Aim

To enable participants to carry out sexual health work with young people, including giving accurate information and making brief interventions. This course seeks to confidently promote a positive attitude to sexual health and builds on Level 1 knowledge and skills.

Learning Outcomes

- Have an increased knowledge of the different kinds of contraception available
- Have an increased understanding of legislation relating to sexual health; e.g. Fraser Guidelines, Sexual Offences Act, confidentiality
- To explore theoretical frameworks and models relevant to young people's sexual health
- Understand and explore reasons for early sex and identify appropriate interventions
- To understand issues around age appropriate knowledge and interventions with young people
- Be able to make an accurate referral into appropriate services

Course Dates

Tuesday 18 th October	Exeter	9.30am-4.30pm
Thursday 15 th December	Torbay	9.30am-4.30pm
Saturday 28 th January	Buckfastleigh	9.30am-4.30pm
Wednesday 22 nd February	Torbay	9.30am-4.30pm
Wednesday 21 st March	South Molton	9.30am-4.30pm

Accreditation

This course is CPD Certified

Recommended Prior Learning

Sexual Health (Level 1)

Refreshments

Tea and coffee will be provided.



Delay / RU Ready?

One Day Course

Aim

This course aims to build on Levels 1 and 2 in Sexual Health and enable participants to encourage young people to reflect on the pressures they may face in sexual relationships. The 'delay' approach offers skills and activities for understanding relationships and sex when working with young people in a one to one or group work setting. This is not about abstinence and supports a diversity approach to working with all young people.

Learning Outcomes

- Better understand the delay approach and the differences between 'delay' and abstinence
- To explore ways of working with young people to help them make choices that feel right for them and helping them decide when they are really ready.
- To gain skills to hand on to young people in how to say 'no' and resist pressure.
- To consider the role played by friendships, supportive adults and professionals in supporting delay.
- To reflect on ways in which we can offer guidance and support to young people about delaying early sex.
- Better understand the links between self esteem and relationships and sex.

Course Date

Tuesday 28th February

Torbay

9.30am-4.30pm

Accreditation

This course is CPD Certified

Recommended Prior Learning

Sexual Health (Level 1) and
Sexual Health (Level 2)



Refreshments

Lunch and refreshments will be provided.

Different Strokes: South West

One Day Course

Aim

This course will give participants a basic introduction to the issues to consider when working with LGBT people and to reduce health inequalities experienced by LGBT people

Learning objectives

- Understanding of the social and cultural context of LGBT people
- Awareness of LGBT peoples health and wellbeing needs, with a particular focus on people in the South West
- Explore measures that health, educational and social care services can implement to help reduce health inequalities and positively engage with LGBT individuals

Course Dates

Tuesday 8 th November	Torbay	9.30am-4.30pm
Tuesday 24 th January	Plymouth	9.30am-4.30pm
Tuesday 20 th March	Exeter	9.30am-4.30pm

Accreditation

This course is CPD Certified

Recommended Prior Learning

None

Refreshments

Tea and coffee will be provided.



Go Girls! Two Day Course

“Nothing will work unless you do” Maya Angelou.

This course aims to enable workers to reflect and develop strategies and a deeper understanding of self esteem and assertiveness work with girls and young women. This is multi agency training and is appropriate for all who have completed Levels 1 and 2 in Sexual Health. This course will reflect on your own self esteem and assertiveness as well as developing strategies for supporting girls and young women to increase their own too. We cannot pass on what we do not have!

Learning Outcomes

- Understand and explore theories of self esteem and assertiveness, including holistic models.
- Explore and reflect on girls and women’s experiences of relationships and sex.

Course Dates

Tuesday 27th March and Wednesday 28th March Torbay

Accreditation

This course is CPD Certified

Recommended Prior Learning

Sexual Health (Level 1) and
Sexual Health (Level 2)

Refreshments

Tea and coffee will be provided.



Booking Form

PLEASE PHOTOCOPY THIS FORM AND SEND IT TO THE ADDRESS BELOW. ONE FORM PER ATTENDEE.

Name of course:

Date of course:

Your full name:

Job Title:

Job role:

Organisation:

- Devon County Council NHS Devon
- Torbay Care Trust—Employee Number/Zone
- Torbay Council NHS Plymouth
- Plymouth City Council Other:

Work address:

.....
.....

Postcode:

Telephone:

Fax:

Email:

Booking Form

Do you have any specific access, learning needs or

dietary requirements:

Do you require a CPD certificate? Yes No

Manager's name:

Work address:

.....

.....

Postcode:

Manager's Email:

I have read and understood the terms and conditions. See P6.

Date:.....

Applicant's signature:

Date:.....

Please tick if you would NOT like to receive further training and event information

Please send the completed form to:
training@eddystone.org.uk

Alternatively please use the online booking form at
www.eddystone.org.uk

Full confirmation details will be sent back to you. Any further enquiries, please contact 01752 257077

Website

The Eddystone Trust has a comprehensive website that contains detailed information for both professionals and clients.

This includes:

- Information about our support services to those living with or affected by HIV
- Information about our 'condoms by post' scheme
- Information regarding World Aids Day and other campaigns
- Factsheets available to download and print
- Information about training courses and online booking form

www.eddystone.org.uk



Follow us on Twitter for our latest news and events!

Resources

The Eddystone Trust have a wide range of resources which we are able to pass onto interested professionals to help with their work.

These resources include:

- A wide range of leaflets on a variety of HIV and sexual health issues for a range of clients
- Resources linked to World Aids Day and other campaigns
- A range of resources available to borrow (e.g. contraceptive display kit, games for use with young people)
- A range of training manuals, books, DVD's and programmes

WHAT PEOPLE SAY ABOUT EDDYSTONE TRAINING

'An excellent study day, well presented and informed'

'Great, interactive methods clear and positive - even able to mediate a lot of debates'

'Very well put together with the correct approach from tutor. Kept it interesting'

'Really interesting course with excellent suggestions for interactions with service users'

'Good mixture of group based and lecture style, varied learning styles kept us active'

'Very informative, lots of thinking tasks rather than just sitting and listening, it was fun!'

We are supported by...



The Eddystone Trust is an independent sexual health and HIV organisation providing information, training and individual support to people affected by HIV across the South West.

Our work is underpinned and informed by the World Health Organisation definition of sexual health:

“Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

Registered office: 36 Looe Street
Bretonside
Plymouth
PL4 0EB

www.eddystone.org.uk

For enquiries please call 0800 328 3508 and we will put you in touch with the right person to deal with your request in or your area.



**THE
EDDYSTONE
TRUST**

HIV and Sexual Health Services

Registered Charity No. 1078268 Company Registration No. 3867526