



Wellbeing in Sexual Health (WISH)

Buckinghamshire

Training Programme 2018-2019

The WISH training programme is commissioned by Buckinghamshire County Council. All courses are facilitated by Terrence Higgins Trust, a specialist sexual health service that is part of the new bSHaW (Buckinghamshire Sexual Health and Wellbeing) service.

The overall aim of the WISH programme is to promote the sexual health and wellbeing of all Buckinghamshire residents and to equip those working with individuals of all ages, gender, ethnicity, disability or sexuality with the knowledge, skills and tools to develop resilience, respect and to promote consensual healthy and safe sexual relationships. For further information on sexual health services in Buckinghamshire please visit

www.sexualhealthbucks.nhs.uk

Who should attend these courses:

These are multi-agency courses for all those who are *currently* working with young people / vulnerable adults, to enable them to work effectively with people around sexual health and relationships in either one to one or group situations. Examples of participants are: GPs, Practice Nurses, School Nurses, Health Visitors, Healthcare Assistants, Youth Workers, Carers, Looked After Children Nurses, Teachers, Teaching Assistants, Voluntary Sector Workers.

How to apply:

Please complete the application form and return by email to: info.sexualhealthbucks@ttht.org.uk. You will receive an email and further information.

These courses are free to those working in Buckinghamshire services, a charge of £75 per applicant will be made to those attending from outside the area.

CANCELLATIONS: We reserve the right to charge a cancellation fee of £50 per applicant without 48hrs notice.

Please bring your own lunch with you as this is not included. However, light refreshments will be provided. For any further information on any of these courses please contact info.sexualhealthbucks@ttht.org.uk

Wellbeing in Sexual Health (WISH) Training Tier 1

Date	Closing Date	Notification By	Venue and Times
Thurs 15 th February 2018	Thurs 1 st February 2018	Mon 5 th February 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Tues 8 th May 2018	Tues 24 th April 2018	Mon 30 th April 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Thurs 20 th September 2018	Thurs 6 th September 2018	Mon 10 th September 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Tues 11 th Dec 2018	28 th November 2018	Mon 3 rd December 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Tues 19 th February 2019	Tues 5 th February 2019	Mon 11 th February 2019	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00

Who should attend: This course provides basic sexual health training for professionals working with people in an education, health, youth work or care setting. It covers pregnancy options, contraception and STIs, relationships and sex education, sex and the law.

Learning Objectives

- Develop skills required to have meaningful conversations with people about relationships and sex and empower people to achieve safe, consensual and healthy sex lives
- Identify elements of the Sexual Offences Act 2003
- Identify different methods of contraception and how they prevent pregnancy
- Identify the most common STIs and how to prevent them
- Gain information on local and national data, campaigns, services and initiatives

WISH Tier 1: If you have attended a former Sex Matters Tier 1 or WISH Tier 1 course **within the last 3 years**, you do not need to attend this one as the content is the same. However if you attended a former Sex Matters Tier 1 course 3 years ago or more, you are advised to attend the WISH Tier 1 to update and refresh your sexual health knowledge.

Wellbeing in Sexual Health (WISH) Training Tier 2

Date	Closing Date	Notification By	Venue and Times
Thurs 8 th March 2018	Thurs 22 nd February 2018	Wed 28 th February 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Tues 5 th June 2018	Tues 22 nd May 2018	Mon 28 th May 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Thurs 11 th October 2018	Thurs 27 th September 2018	Mon 1 st October 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Tues 15 th January 2019	Fri 21 st December 2018	Mon 7 th January 2019	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Tue 26 th March 2019	Tue 12 th March 2019	Mon 18 th March 2019	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00

Who should attend: This course provides training for practitioners to be able to deliver the C card condom scheme and pregnancy testing for under 25 year olds in Buckinghamshire. It is aimed at practitioners who are planning to be involved in the distribution of condoms through the registered condom distribution outlets. Applicants must have completed WISH Tier 1 before they attend Tier 2.

Learning objectives:

- Develop knowledge of confidentiality and the law
- Develop skills and knowledge to identify appropriate opportunities to use the R U Ready? principles
- Develop skills in delivering condom demonstrations & knowledge about condoms
- Develop knowledge required to confidently deliver chlamydia screening
- Develop skills and knowledge needed to deliver pregnancy testing
- Gain information on local and national data, campaigns, services and initiatives

HIV & AIDS Awareness

Date	Closing Date	Notification By	Venue and Times
Tues 6 th February 2018	Tues 23 rd January 2018	Mon 29 th January 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Tues 19 th June 2018	Tues 5 th June 2018	Mon 11 th June 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Tues 2 nd October 2018	Tues 18 th September 2018	Mon 24 th September 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Tues 12 th February 2019	Tues 29 th January 2019	Mon 4 th February 2019	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00

Who should attend: This course provides information about HIV & AIDS for professionals working with adults and young people.

Learning objectives:

- Identify what HIV and AIDS are and the importance of terminology
- Identify how HIV is and is not transmitted
- Gain information on local and national data, campaigns, services and initiatives
- Gain information on HIV treatment and options
- Develop an understanding of the myths and fears surrounding HIV
- Gain knowledge on the social implications of living with HIV

Relationships and Sex Education in Schools/Academies

Date	Closing Date	Notification By	Venue and Time
Wed 27 th June 2018	Wed 13 th June 2018	Mon 18 th June 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Thurs 27 th September 2018	Thurs 13 th September 2018	Mon 17 th September 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Thurs 31 st January 2019	Thurs 17 th January 2019	Mon 21 st January 2019	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00

Who should attend: This course is aimed at Teachers and Professionals who work in secondary schools and or who deliver PHSE or RSE to young people. It will enable staff to talk to their pupils about sexual consent, healthy relationships and sex in an age appropriate manner.

In light of the new legislation coming into force from 2019 which states that Schools and Academies will be required to teach Relationships and Sex education (RSE), there is a 50% discount on this course for 2018 at only £25.00. Thereafter the course will be £50.00.

Learning objectives:

- Consider the role of the facilitator in ensuring their students are safe and informed
- Explore local and national data on young peoples' sexual health
- Look at the Sexual Offences Act 2003 in relation to sexually active young people
- Define sexual consent including choice, freedom and capacity
- Practice answering relationships and sex questions giving factual, inclusive information that treats sex as a pleasurable part of life

Learning Disabilities Training

Date	Closing Date	Notification By	Venue and Time
Thurs 15 th March 2018	Thurs 1 st March 2018	Mon 5 th March 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-16.00
Thurs 22 nd November 2018	Thurs 8 th November 2018	Mon 12 th November 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-16.00
Thurs 14 th March 2019	Thurs 28 th February 2019	Mon 4 th March 2019	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-16.00

Who should attend: The course will give participants a basic knowledge and understanding of the communication issues around relationships and sex with young people with learning difficulties and disabilities. It will provide an overview of the safeguarding processes with regards to young people with learning disabilities (LD) and explain how this differs from those young people without a learning disability. **This is a full day course, unfortunately lunch will not be provided.**

Learning Objectives:

- Explore personal issues and concerns regarding this client group
- Examine different methods of communication with this client group and how they can be used in a consultation / conversation
- Gain an understanding of the best resources to support in full young people in an SRE education setting

Spotting the Signs of Child Sexual Exploitation (CSE)

Date	Closing Date	Notification By	Venue and Times
Thurs 5 th July 2018	Thurs 21 st June 2018	Mon 25 th June 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Thurs 24 th January 2019	Thurs 10 th January 2019	Mon 14 th January 2019	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00

Who should attend: This training is aimed at professionals who work within sexual health settings and/or are involved in giving sexual health information and advice particularly to those aged under 18 years. For example, these are genitourinary medicine (GUM), contraceptive services, chlamydia screening, condom distribution schemes, termination, sexual assault, outreach health promotion services, school nurses, health visitors, or those working in general practice and community pharmacy setting and providing sexual health services.

Learning Objectives

- Equip front line staff working in sexual health services with a basic awareness of child sexual exploitation (CSE), its signs and indicators
- Give up to date information on current legislation and policies around CSE
- Develop skills in using the BASHH and Brook 'Spotting the Signs' screening tool in a sexual health one to one consultation e.g. during sexual history taking and/or one to one consultations

Pornography and Sexting Awareness

Date	Closing Date	Notification By	Venue and Times
Thurs 29 th March 2018	Thurs 15 th March 2018	Mon 19 th March 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Thurs 21 st June 2018	Thurs 7 th June 2018	Mon 11 th June 2018	9.30-13.00
Thurs 20 th September 2018	Thurs 6 th September 2018	Mon 10 th September 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Thurs 28 th February 2019	Thurs 14 th February 2019	Mon 18 th February 2019	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00

Who should attend: This training is aimed at any professionals working with young people across Buckinghamshire.

Learning Objectives:

- To gain awareness of what pornography and sexting is and how it affects young people and their relationships.
- To gain an understanding of what legislation there is around porn/ sexting and the legal implications for young people.

- Develop skills in being able to inform young people about the implications of porn and sexting and how to stay safe online.

Sexuality & Gender Identity Awareness

Date	Closing Date	Notification By	Venue and Times
Tues 13 th March 2018	Tues 27 th Feb 2018	Mon 12 th March 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Thurs 12 th July 2018	Thurs 28 th June 2018	Mon 2 nd July 2018	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00
Tues 4 th Dec 2018	Tues 20 th November 2018	Mon 26 th November 2018	One YMCA, Crest Road, High Wycombe, BUCKS, HP11 1UD 9.30-13.00
Tues 5 th March 2019	19 th February 2019	Mon 25 th February 2019	Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ 9.30-13.00

Who should attend: This training is aimed at any professionals working with young people across Buckinghamshire.

Learning Objectives:

- To explore terminology around Sexuality and Gender Identity.
- To gain an awareness of issues around being LGBT and how this can affect young people.
- To explore the laws around Sexuality & Gender Identity
- To develop Skills in supporting young people who may be exploring their own sexuality and gender identity.

The WISH Programme is part of the new bSHaW (Buckinghamshire Sexual Health and Wellbeing) service, which offers a free and confidential fully integrated service to meet the sexual health needs of all. For more information please visit

www.sexualhealthbucks.nhs.uk