Gateshead and South Tyneside
Sexual Health Service
Training Directory

Guaranteed to:
- Increase confidence, skills and knowledge.
- Explore and challenge your views, developing a firm foundation to your sexual health work
- Be creative and fun, with practical resources to embed in your work

April – December 2013
The Gateshead and South Tyneside Sexual Health Training Directory offers a wide range of free training / workshops / lectures on a variety of sexual health related issues to staff across Gateshead and South Tyneside.

The training, workshops and lectures offered will allow you to explore and challenge your own attitudes and values, ensuring you have a firm foundation to the sexual health work that you offer.

The training, workshops and lectures offered aim to have a fun, participatory style that encourages reflection, sharing of experiences and provides you with up-to-date knowledge.

The skills and knowledge you gain, together with the practical activities you will experience, will provide you with resources that you can use in your work with young people and adults.

Whether you work in Gateshead or South Tyneside, it is envisaged that the training, workshops and lectures you attend will give you increased confidence, skills and knowledge to support your delivery of sexual health work.

You’ll notice that the workshops are held in venues across Gateshead & South Tyneside. You are welcome to attend at any venue.

To book a place, please complete the attached booking form and return it to:

Sexualhealth.training@stft.nhs.uk
13, Walker Terrace, Gateshead NE8 1EB
Sex and the Law

Navigating the rules!

This half day workshop is for those working with young people, providing an overview of the current legal frameworks regarding sexual health.

After the workshop you will be able to:

- Demonstrate an understanding of the Gillick competencies and Fraser guidelines in relation to sexual health scenarios.
- Feel confident to explore and discuss sex & sexual health issues with young people.
- Understand how the law throughout history has impacted on sexual rights, freedoms and practices.

Facilitated by: Robyn Creighton & Kevin Stoodley

Date/venue/times:

Tuesday 14th May 2013: 1.30pm—4.30pm

Thursday 26th September 2013 9.30am—12.30pm

Both workshops held at: Team View, 5th Ave Business Park, Gateshead NE11 0NB

What’s on offer

E-safety: Be afraid . . . . Be very afraid p.4
Speakeasy p.5
Introduction to Sexual Health p.6
Introduction to HIV and World AIDS Day 2013 p.6
Introduction to STI’s p.7
Introduction to Contraception p.7
Clandestine Lecture Club p.8
Clinic tours p.10
Working with young people p.11
How to burst the Heterosexist Bubble p.12
“That’s SO Gay” p.13
Sex and the Law: Navigating the Rules! p.14
E-safety: be afraid ......be very afraid

Raising professionals’ awareness in order to raise young people’s awareness

After the workshop you will be able to:
✓ Promote the positive while responding to the negative aspects of use of technology.
✓ Provide information to help young people keep themselves safe.
✓ Identify young people at risk from sexual exploitation and/or bullying.

This is a 2 hour workshop for professionals working with young people

Facilitated by: Elaine Doherty

Date / Venue:-
Wednesday 17th April 2013: 9.30-12.00am—Room 2, Stanhope Parade Health Centre, NE33 4JP

Wednesday 25th September 2013: 9.30-12.00pm at Team View, 5th Avenue Business Park, Gateshead NE11 0NB

To Book Call: 0191 283 1586

“That’s SO Gay”

How homophobic bullying affects us all.

Gain an understanding of what homophobia is, how it’s used and what steps can be taken to challenge or change behaviours/actions in a direct and non-direct way

After the workshop you will:
• Be able to define homophobia
• Understand the impact homophobia has on various groups, specifically young people.
• Be able to challenge homophobia (directly and indirectly)

The course is open to anyone, but would be of interest to those working with young people in formal or informal settings.

Facilitated by: Steven Bramwell, Pam Douglas & Mark Oddy

Date / time / venue:
Wednesday 22nd May 2013
9.30am—12.30pm
Team View, 5th Ave Business Park, Gateshead NE11 0NB

or

Thursday 3rd October 2013
1.30pm—4.30pm
Team View, 5th Ave Business Park, Gateshead NE11 0NB

South Tyneside NHS Foundation Trust
How to burst the heterosexual bubble

This course serves as a Lesbian Gay Bisexual Transgender (LGBT) awareness session focusing on the specific issues faced by the LGBT community (access to services and the effects of heterosexism)

After the workshop you will have:
- More understanding of the LGBT community
- The knowledge to recognise the barriers that LGBT people face in accessing your service
- Practical ways of improving the accessibility of your service.

The course is aimed at anyone who delivers services to the public:
- Practice managers
- Practice nurses
- Receptionists
- School nurses
- Health visitors
- Youth workers
- Teachers

Facilitated by: Steven Bramwell, Pam Douglas & Mark Oddy

Date / time / venue:
Thursday 25th April 2013
1.30–4.30pm
Team View, 5th Ave Business Park,
Gateshead NE11 0NB

Speakeasy Facilitator Training Programme

The Speakeasy Facilitator Training Programme enables staff to deliver Speakeasy in their local settings.
It is suitable for staff who have experience working with parents, and who are enthusiastic in supporting parents in talking with their children about sex and relationships.

Train to deliver Speakeasy
- The training is delivered over 4.5 days.
- Participants facilitate their first Speakeasy course with parents/carers between day 4 & 5, returning on day 5 to evaluate their experience and moderate the parents’ portfolios.
- Participants complete a personal portfolio to gain OCN accreditation at level 3

Facilitated by: Robyn Creighton & Steven Bramwell

Date / Venue:
Tuesday 5th November 2013
Tuesday 12th November 2013
Tuesday 19th November 2013
Tuesday 26th November 2013
Tyne View Children’s Centre, Teams, Gateshead
9.30am–2.30pm on all 4 days

To Book Call: 0191 283 1586

South Tyneside NHS Foundation Trust
The basics

After this workshop you will know:
- The range of services offered by the Sexual Health Service.
- The key messages regarding Sexual Health and the epidemiology / evidence / research to support those key messages.
- The value of sexual health interventions, screening and health promotion
- How to refer into the service

Facilitated by: Steven Bramwell, Julie Davenport & Robyn Creighton
Date/time/venue:
Tuesday 9th July 2013 1.30-4.30pm
South Tyneside venue to be arranged

An introduction to HIV & World AIDS Day

After the workshop you will know:
- HIV transmission routes, statistics (regional, national & global) and will be given take away activities to run/deliver with people you work with.
- How you can be involved in this year’s activities for World AIDS Day

Facilitated by: Robyn Creighton, Steven Bramwell & Mark Oddy
Venue/dates/times:
4th Nov 2013, The Glen, Hebburn 9.30-12.30
6th Nov 2013, Team View, 5th Avenue Business Park, Gateshead NE11 0NB 1.30-4.30pm
7th Nov 2013, VENUE TBC 6.00-8.30pm

To Book Call: 0191 283 1586

Working with Young People

This training has been designed to provide staff who work with young people with the skills, confidence, knowledge and resources to run effective SRE sessions for young people.

Group work skills and basic sexual health training are essential, as the course is designed to further develop your sexual health/group work skills & knowledge.

The project packs comprise four different themed schemes of work that offer interactive fun activities enabling young people to consider the risks and tricky situations they may encounter and develop the skills to be able to navigate those situations to reduce the risks.

The training
The course is delivered over 3 days.
Following the course you will then deliver one of the four project packs with a group of young people that you have already developed a relationship with. You will be mentored through the process, offered support and guidance regarding the content, delivery and sexual health information.

Facilitated by: Robyn Creighton & Steven Bramwell
Dates: Thursdays 6th, 13th & 20th June 2013
Time: 9.30am—4.30pm
Venue: South Tyneside venue to be confirmed

Dates: Tuesdays 8th, 15th & 22nd October 2013
Time: 9.30am—4.30pm
Venue: Tyne View Children’s Centre, Teams, Gateshead

South Tyneside NHS Foundation Trust
Clinic Tours

Discover what happens in the sexual health clinic!

By the end of your visit you will know that:
- Staff are friendly, professional and helpful
- You can confidently refer someone to the service
- You can reassure someone, because you’ve seen the process/clinic first hand

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<th>Gateshead Clinic Tours</th>
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<tr>
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Sexual Health Service  
Trinity Square  
Central Gateshead  
NE8 4YL

Sexual Health Service  
Stanhope Parade Health Centre  
Gordon Street  
South Shields  
NE33 4JP

The Basics

After this workshop you will know:
- The local epidemiology
- Transmission routes and protective measures
- How to promote positive behaviours to reduce the incidence of STI’s.
- About the diagnosing and testing procedures.

Facilitated by: Nicola Grant and Kirsten Finn

Date/venue:
Wednesday 12th June 2013: 9.30am—12.00pm  
Gateshead venue to be confirmed

Contraception: What’s out there? Fact or Fiction

After the workshop you will know:
- The contraceptive methods available from the sexual health service.
- What to tell potential users about the different methods, how they work & discuss myths
- Where to sign-post potential users of the service.
- About the rights of under 16’s to access the service (Fraser Guidelines)

Facilitated by: Ann Carey & Julie Davenport

Date/time/venue:
Wednesday 15th May 2013  
9.30-12.00  
Gateshead venue to be arranged

To Book Call: 0191 283 1586

South Tyneside NHS Foundation Trust
Clandestine Lecture Club
sexual health discussed differently

The Clandestine Lecture Club offers a series of lectures exploring the quirky side of sexual health

We’d encourage you to come along if you’ve:
- An interest in sexual health
- Always wished sexual health could be more than contraception and STIs
- Wanted to discuss the wider issues in sexual health using different approaches
- Longed to explore the historical & political issues, past & present
- An interest in meeting others to discuss another way of ‘doing it’

How it works:-
- To secure your place and/or join the mailing list, contact clandestine.lectureclub@stft.nhs.uk
- Each lecture is held at The Central Bar, Half Moon Lane, Gateshead NE8 2AN
- Turn up and enjoy!
- CLC members buy their own refreshments.

Lecture schedule
All lectures are from 5.45pm – 6.45pm

Thursday 25th April 2013
Prof Helen Berry, Newcastle University
"The history of the birds and the bees: what did people know about sex and conception before modern science?"

Monday 13th May 2013
Rev. Cecelia Eggleston, Pastor at the Metropolitan Community Church Newcastle
"Gay marriage and the bible: what’s all the fuss about?"

Thursday 26th September 2013
Jeremy Boulton, Professor of Urban History, Newcastle University
"Is having sex really worth risking losing your nose? Venereal disease, useless doctors and sexual behaviour in Georgian England"

Thursday 17th October 2013
Chris Ashford, Reader in Law and Society, Department of Law, Faculty of Business and Law, University of Sunderland
"Public Sex and the Law: Documenting Desire"

Thursday 14th November 2013
Gareth Longstaff, Newcastle University
'Interfacing Impersonality: Sexual desire and online exchange'