



Frisky or Risky
Sexual Health, Drugs & Alcohol

Let's Talk About Sexual Health

One Day Training Program

Previously Known as SHAFT Training

Thursday 2nd February– 09.30-16.30

Training room 2, The Crescent Colchester, Essex

The "Let's Talk About Sexual Health" one day training program is a brand new training program, replacing the SHAFT training. It is the first stage towards becoming a C-Card Assessor. You will also need to complete DELAY and C-Card Assessor training.

The cost of the program is £30 + VAT per person and has been developed by Anglian Community Enterprise who have many years expertise and experience in delivering similar programmes across East Anglia and London. Price includes lunch and refreshments.

Sexual Health is influenced by a complex web of factors ranging from sexual behaviour, attitudes and societal factors. It includes the problems of HIV and Sexually Transmitted Infections (STIs), unintended pregnancy and abortion, infertility and cancer resulting from STIs. Good Sexual Health is a key component of overall health and wellbeing. Therefore, access and signposting to information and services can support individuals to make informed lifestyle choices. "Let's Talk About Sexual Health" seminars have been designed to assist in building awareness and understanding about key aspects of Sexual Health. It is aimed at practitioners working in a health improvement related role to gain a better understanding and knowledge of all aspects of Sexual Health.



The sessions will cover the following areas.

- Current trends and behaviours in Sexual Health
- Male and Female Sexual Health issues
- Foundation knowledge in STI awareness
- An understanding of contraception and current services offered
- Discussion on relationships and their effect on Sexual Well-Being
- Sexuality and Lesbian Gay Bisexual and Transgender issues LGBT

BOOKING

This one day training session is running on Thursday 2nd February 2012.

Please complete the booking form and return to:

Sophie Milner by fax to 01206 766950

or by email to sophie.milner@acecic.nhs.uk

Cost - £30.00 + VAT if outside of ACE



If you have any queries or would like some more information please contact Sophie Milner on 01206 363003 or at sophie.milner@acecic.nhs.uk

Delay Training Level 2

One Day Training Day

Monday 13th February 9.30am-4.30pm

Kennedy House, Clacton, Essex

Delay Training Level 2 is the second part of training you need to complete to enable you to become a C Card Assessor, after completing 'Let's talk about sexual Health level 1'.

This one day training is selected materials and input which is intended to introduce the entire concept of Delay, and look at some of the most useful exercises.

The course looks at approaches to working with young people, and techniques and exercises to help delay young people from becoming sexually active at an early age.

The cost of the program is £30 + VAT per person and has been developed by Anglian Community Enterprise who have many years expertise and experience in delivering similar programmes across East Anglia and London. Price includes lunch and refreshments. Please note any agencies commissioned by NEE PCT will receive this training for free.



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C Card Assessor Training Day

One Day Training Day

Wednesday 22nd February 9.30am-
4.30pm

Kennedy House, Clacton, Essex

The C card assessor training day is a course aimed at those professionals who have completed Let's talk about Sexual Health Training day (Formally know as SHAFT), and the one day DELAY training programme.

The course is aimed at those who work with young people aged 13-24. Once the course is completed, you will have a better understanding of Fraser Guidelines, the Sexual Offences Act, and feel confident in issuing out C cards and speaking to young people about Sexual Health.

The cost of the program is £30 + VAT per person and has been developed by Anglian Community Enterprise who have many years expertise and experience in delivering similar programmes across East Anglia and London. Price includes lunch and refreshments. Please note any agencies commissioned by NEE PCT will receive this training for free.



BOOKING

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