Somerset Sexual Health Training Programme

Summer /Autum 2026

Promoting and improving positive, holistic sexual health and wellbeing and reducing health inequalities in Somerset.

Introduction

Promotion and improving positive holistic sexual health and wellbeing and reducing health inequities in Somerset

The Sexual Health Framework for Sexual Health Improvement in England (published back in March 2013) is designed to support the commissioning of sexual health services. Section 2 concerns sexual health across the life course and includes a key ambition for the sexual health of under-16s, with particular regard to the development of high quality relationships, and sex education for all young people to meet their different needs at different times.

This ambition sets out the need for public health providers to build knowledge and resilience among young people, and ensure that they have the confidence and resilience to understand the benefits of loving, healthy relationships and delaying sex.

Our training programme has been designed to help meet these ambitions, and we continue to work to address rates of teenage pregnancy and promote positive sexual health. Our aims to decrease the local under-18 conception rate, and increase the detection rate of chlamydia in young adults remain targets.

Training strategies and aims

This training programme includes multi-agency training, as well as training focused on the needs of particular staff groups. It aims to ensure that Somerset's statutory, voluntary and community sector workforce are equipped with the skills and knowledge required to support young people to make informed choices about relationships and sexual health.

The Department of Health's Recommended Standards for Quality Sexual Health Training states that the following factors affect people's ability to make informed choices about their sexual and reproductive health:

- A sense of positive self-esteem
- To have accurate information
- The acquisition and development of practical skills, such as negotiating and effective use of condoms
- An understanding of rights and responsibilities towards oneself and others

This training programme aims to work to these national recommended standards. It will therefore adopt a holistic approach that addresses far more than factual, biological information, and will include reflection on values and attitudes that underpin this work. It also aims to consistently address sexual health inequalities.

Training Principles & The Training Team

Training values and principles

All training delivered will be underpinned by the following values and principles taken from the national recommended standards for quality sexual health training:

- Sex can be a positive, pleasurable and life enhancing part of our experience
- Sexual health is central to everyone's health and wellbeing
- Everyone has the right to feel safe and respected in exploring and expressing their sexuality, providing their sexual behavior does not result in exploitation, oppression, physical or emotional harm

Everyone has the right to:

- Access confidential, accessible, respectful and non-judgmental support and advice
- Receive high quality relationship and sex education, information, support and advice
- Be treated with dignity

The Training Team

Andrew Wilson - Health Improvement Manager (Sexual Health), Public Health, Somerset Council

Kerry Lucas – SWISH and Targeted outreach Lead Nurse, Somerset-wide Integrated Sexual Health Service, NHS Somerset Foundation Trust

Kassie Gage – Targeted Outreach Team Somerset-wide Integrated Sexual Health Service, NHS Somerset Foundation Trust

Mark Rowland - Young People's Targeted Prevention Worker, and C-Card Coordinator, Public Health Nursing Team, Somerset Council

Bob Manickam - LGBTQ+ Youth Support Worker and training lead, 2BU Somerset

Cole Broadbent - LGBTQ+ Community Outreach Youth Support Worker, 2BU Somerset

Tyler Wildman - Trustee of 2BU Somerset

Application to attend training events

How to book

All applications for our courses are done via an online booking system using the **hyperlinks** listed at the end of the programme. Course materials will be available after the course within the login area of the SWISH website, details of which you will be given on the training day.

A requirement of the booking process is that you ensure your line manager is aware of, and has approved, your application. By ticking the relevant box on the booking form you are agreeing that this is the case.

This process will generate an automated confirmation e-mail. However, if we have a large number of applications from one work place, we may have to reduce the number of confirmed places from that team to provide a balanced multi-agency mix, which is a key strength of our courses

If this were to happen we would contact the team / organisation and work that through with them.



Important Information

These training dates will be delivered face to face .

There will be **no charge** made for Somerset staff attending these training events. Our courses tend to be over subscribed and so we would appreciate if you would let us know as soon as possible if you can not attend or let us know a substitute from your work place who can come in your place. **non attendance on the day will result in the organisation being invoiced for £50 regardless of the reason as we operate a no extenuating circumstances policy.**

Contact info:

Andrew Wilson
publichealthtraining@somerset.gov.uk

The Basics
Sexual Health



Introduction: This training is designed for Somerset staff who have an element of sexual health within their job role. Working with young people aged 11-19, your role plays and important part in providing accurate information and support.

Session Objectives:

1. Sex and the law:

We will cover explore how the law relates to sex.

2. Contraceptive Methods Demystified:

We will break down the various contraceptive options available. From pills to patches, intrauterine devices (IUDs) to condoms, we'll ensure you have a solid understanding of each method.

3. Common STIs and their Impact and treatment:

Sexually transmitted infections (STIs) can affect young individuals. We'll discuss the most prevalent STIs, their symptoms, and the importance of prevention.

4. Navigating Sexual Health Services:

Our local sexual health services play a vital role in supporting young people. You'll gain insights into available resources, clinics, and how to guide those seeking help.

5. Spotlight on the C-Card Scheme:

We'll explore what it entails, how it benefits young people, and how you can become a C-Card registration partner within the Somerset C-Card and C-Card+ scheme.

Who should attend?

This training is aimed at any staff working within **Somerset** who work with young people including Foster Carers and Special Guardians

Dates available

Wednesday 8th of July

10.30pm-4.00pm

Book here

Tuesday 29th of September

10.30am—4.00pm

Book here

The Glastonbury Room

St. Dunstan's House

Community Health & Wellbeing Centre,

Glastonbury

BA6 9EL

Training to become a C-Card registration partner

Introduction:

In this session we are seeking staff who are willing to become C-Card registration partners. We will equip you with the knowledge and skills needed to do this effectively and confidently.

Staff attending this training should have completed 'The Basics', as this forms a foundation on which this course is built

Session Objectives:

1. **Understanding the C-Card Scheme:**

We'll explore the background of the evidence-based C-Card programme. What is it, why it is an important tool in reducing unintended teenage pregnancies and the reduction of STIs

2. Quality Registration Consultations:

Delivering a successful registration consultation is key. Learn how to engage with young people, gather necessary information, and ensure a positive experience.

3. Key Messages About Condoms:

Condoms continue to be an effective method within the toolkit for good sexual health. We'll discuss the importance of consistent use, dispel myths, and provide accurate information to young people.

4. Correct Condom Use:

You'll learn how to demonstrate proper condom usage effectively.

5. Web-Based Data Collection System:

Registering and Issuing Condoms:

We'll walk through the process of registering and issuing condoms using the web-based system.

6. C-Card+ and Over 16's Self-Registration:

Discover the convenience of C-Card+. We will demonstrate our click-and-collect features and self-registration for over 16s.

7. Navigating Somerset's Integrated Sexual Health Service:

Familiarise yourself with available resources and services. Where young people can access testing and how they book clinic appointments and more.

Who should attend? This training is aimed at staff working with young people, who would like to support young people being able to register for the C-Card scheme.

Dates available

Tuesday 21st July of 1.30-4pm

Book here

Thursday 15th of October 1.30-4pm

Book here

The Glastonbury Room

St. Dunstan's House

Community Health & Wellbeing Centre,

Glastonbury

BA6 9EL

Exploring the Pressures Influencing Young People's Sexual Health

Introduction: This course is specifically tailored for staff members who have a support role with young people. Our goal is to equip participants with the knowledge and skills necessary to facilitate effective conversations and support around contraception and sexual health.

Session objectives:

Throughout the day, we will explore various relevant topics, including:

1. Current Trends:

We'll explore contemporary issues such as how pornography, relationships, and technologies impact on sexual health. By understanding these trends, participants can engage in informed discussions with young people.

2. Resource Exploration:

Participants will discover practical resources and activities that can be integrated into their interactions with young people. These tools aim to foster open dialogue, promote awareness, and empower informed decision-making.

3. Somerset Focus:

Our discussions will centre around Somerset, allowing participants to gain insights into the local context. We'll delve into existing provisions and effective signposting routes available in Somerset.

By the end of this course, attendees will be better equipped to engage in meaningful conversations, address misconceptions, and provide accurate information related to sexual health.

Who should attend?

This training is aimed at any staff working within Somerset who work with young people

including Foster Carers and Special Guardians

Thursday 22nd October 10am – 4pm

Book here

The Glastonbury Room

St. Dunstan's House

Community Health & Wellbeing Centre,

Glastonbury

BA6 9EL

Supporting LGBTQ+ Young people

Supporting LGBTQ+ Young People. Promoting Inclusivity and Positive Health Outcomes

Introduction:

As staff members, we play a vital role in creating safe and affirming spaces for all young people. For those who identify as lesbian, gay, bisexual, or transgender (LGBTQ+), our support is especially crucial. Through this training we will explore how we can better understand their unique experiences and promote positive health outcomes.

Session Objectives:

1. Understanding the Challenges:

LGBTQ+ youth often face exclusion, isolation, and discrimination. We'll delve into the reasons behind these challenges and their impact on overall health, including sexual health.

2. Empathy and Support:

What do LGBTQ+ young people identify as their key issues? We will look at how we can we provide the right support?

3. Sexuality vs. Gender:

Understanding the difference between sexuality (who someone is attracted to) and gender (how someone identifies) is essential. We'll also discuss why using correct pronouns matters.

4. The Journey of "Coming Out"

Coming out is a significant milestone for LGBTQ+ individuals. We'll explore how to support young people during this process, fostering acceptance and understanding.

5. Creating Inclusive Environments

Practical skills matter. We will aim to equip you with strategies for establishing rights-based, inclusive practices.

Who should attend?

This training is aimed at any staff working within Somerset who work with young people including Foster Carers and Special Guardians

Tuesday 24th of November

10am-4pm

Book here

The Glastonbury Room

St. Dunstan's House

Community Health & Wellbeing Centre,

Glastonbury

BA6 9EL

Getting to the venue and parking

All training session are being held in



The Glastonbury Room

St. Dunstan's House

Community Health & Wellbeing Centre,

Glastonbury

BA6 9EL

The building is fully accessible

Travelling by car

There are a number of Carparks all within walking distance of the venue. Information on these can be found **here**

The car park next to the venue is more expensive and uses RingGo app, all others use PayByPhone App

Travelling by Public Transport

There are bus stops close to the venue

If you have any questions please contact

E-Mail publichealthtraining@somerset.gov.uk