How to Apply & Charging Policy

**SUBSTANCE MISUSE COURSES**
- Ageing and Alcohol
- Alcohol Screening Brief Advice and Interventions
- Blood Borne Viruses, Safer Injecting & Vulnerable Populations
- Cannabis: All You Need To Know
- Domestic Abuse & Substance Misuse
- Drug and Alcohol Basic Awareness
- Dual Diagnosis – Substance Misuse & Mental Health
- Novel Psychoactive Substances (including Legal highs & Club Drugs)
- Alcohol and Young People

**BEHAVIOUR CHANGE COURSES**
- Health Awareness RSPH Level 1
- Understanding Health Improvement RSPH Level 2
- Understanding Behaviour Change (Health & Wellbeing) RSPH Level 2

**SEXUAL HEALTH COURSES**
- Are You Ready...Supporting Young People To Delay Early Sex
- Sexual Health Basic Awareness

**OTHER TRAINING OPPORTUNITIES** see each page - how to apply
- C-Card Training (issuing condoms)
- Pregnancy Testing
- HIV Awareness
- Older People and HIV
- Trans Health Matters
- Chem-sex amongst Men Who have Sex With Men
- Oral Health Awareness

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Workforce Development Team
Email: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
Apply: Training Request Form
www.brighton-hove.gov.uk/healthpromotion
Application & Charging Policy

These courses support you and your organisation to develop the skills, knowledge and confidence needed to improve the health of people living in the area.

Who Should Attend

<table>
<thead>
<tr>
<th>Primary and Community Health</th>
<th>Education</th>
<th>Housing</th>
<th>Voluntary Organisations supporting these service areas</th>
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<tbody>
<tr>
<td>Police and Criminal Justice</td>
<td>Mental Health</td>
<td>Social Care</td>
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How to apply

If you would like to attend any of the courses please complete the training application available from www.brighton-hove.gov.uk/healthpromotion
Send by email to coursesforcare@brighton-hove.gov.uk

We try to allocate places to a variety of services to give you an opportunity to meet people in other roles. All applications are shortlisted 4 to 6 weeks prior to the training event and we will let you know if a place has been allocated.

If you have been unsuccessful you will be placed on a waiting list in case of cancellations. Failing this you will automatically be booked provisionally onto the next available date without having to reapply. Notification for the new date will again be sent 4 – 6 weeks in advance.

Charging policy

Courses are currently funded by Brighton & Hove City Council. Places are FREE* for staff who work in the Brighton and Hove area within one or more of the following areas:

- Health Services
- Higher Education (college, sixth form and university)
- Community and Voluntary Sector
- Brighton & Hove City Council

Staff who work in the Private Sector or outside of Brighton & Hove are welcome to apply but there is a charge.

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<tr>
<th>Half Day</th>
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<th>Two Day</th>
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<tr>
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<td>£120</td>
<td>£240</td>
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*Non-Attendance

If you are unable to attend a training event you need to let us know as soon as possible. You can either telephone or email coursesforcare@brighton-hove.gov.uk
It is recommended you keep a written record of any cancellations that you make.

We require at least five working days notice of cancellation to enable allocation of the place to someone else. Substitution of a colleague at late notice is acceptable in which case the charge will not apply. If you fail to notify us in time or fail to attend a training session a £50 charge will be levied to cover the costs of the lost place, whether your place is funded or charged.
Ageing and Alcohol

Who Should Attend
This course is suitable for all staff working in primary/community/health/social care, particularly housing providers and support services, social care, mental health, police and criminal justice, voluntary organisations and for any one new to the substance misuse sector:

- who work with the over 50’s age-group
- who are NOT specialists in the field of alcohol use
- who support older people whose use of alcohol is affecting their health and wellbeing
- who support carers of alcohol users

Overview
As the population grows older and support needs become more complex, it is increasingly important that practitioners are aware of alcohol-related issues affecting the over 50’s. Non-alcohol specialists working with this age-group have a crucial role in identifying the needs of this group, the role that alcohol may play in their lives, and accessing support where necessary

Benefits and learning outcomes to you and the organisation
- Recognise indications of alcohol misuse in the over 50’s
- Communicate health risks of alcohol misuse to professionals, colleagues and older people
- Describe the principal helping agencies and the services they provide
- Ability to deliver brief advice / interventions to this age-group

Trainers
Pavilions Health Promotion Team (Drugs and Alcohol)

Older People’s Housing Manager: Peter Huntbach
Peter Huntbach is the Older Peoples Housing Manager for Brighton and Hove Council's sheltered housing service Peter is a member of the Chartered Institute of Housing with experience in local authority housing management. NHS service provision and marketing. Peter has spoken on older peoples housing issues at events in the city.
Alcohol Screening, Brief Advice & Interventions

Who should attend
This course is suitable for those working in primary/community/health/social care, particularly nursing staff, social work staff, housing providers and support services, mental health staff, Police and Probation, voluntary organisations and for any one new to the substance misuse sector who:

- come across alcohol use in their role
- are NOT specialists in the field of alcohol use
- support people whose use of alcohol is affecting their health and wellbeing
- support carers of alcohol users

Overview
Brief interventions of between 5 and 20 minutes, delivered in a variety of settings, have been evidenced by the World Health Organisation and NICE as effective in reducing risks and harms from alcohol consumption.
The course equips workers with the knowledge, skills and tools to identify individuals who are drinking at increasing and higher-risk levels and to deliver simple brief advice and interventions.

Benefits and learning outcomes to you and the organisation
- Define and explain national key messages around alcohol
- Recognise the importance of brief interventions to enable people who do not need specialised treatment to change their drinking behaviour
- Practice skills and gain confidence in raising the issue of alcohol use with the client
- Carry out screening using the AUDIT screening tools
- Delivery of simple brief advice and interventions around alcohol
- Identify when and how to refer dependent and / or more problematic drinkers to specialist services

Trainers
Pavilions Health Promotion Team (Drugs and Alcohol)

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How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Blood Borne Viruses, Safer Injecting & Vulnerable Populations

Who should attend
This course is suitable for those working or volunteering in drug and alcohol services, primary and community health, education, housing, social care, mental health, police and criminal justice, voluntary organisations.

Overview
Brighton and Hove has a significant drug using population, for whom related health-harms, including blood-borne viruses and overdose, are an issue. The aims of this course are to give an overview of HIV, Hepatitis B and C transmission, prevention and epidemiology, and to explore how and why vulnerable groups are particularly affected. This course focuses on raising awareness of these issues amongst professionals, in order that they and their service users are fully informed. City-wide screening provision, inoculations and treatment services are promoted, and safer injecting practices highlighted.

Benefits and learning outcomes to you and the organisation
- Describe the epidemiology, transmission and screening of blood-borne viruses
- Explore attitudes and how they can impact on service delivery
- Identify health and safety issues for service users and the workforce in relation to blood-borne viruses
- Identify and promote safer injecting and safer sex practices
- Be able to identify and refer to local harm reduction and health services

Trainers
Pavilions Health Promotion Team (Drugs and Alcohol)
Majella Keller – BSUH Consultant Heptologist
Ben Tooke – THT HIV Health Promotion
Community Hepatitis Nurse, Pavilions
Needle Exchange, Pavilions

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Cannabis: All You Need To Know

Who should attend
This course is suitable for all practitioners working with adults and children / young people in primary and community health, education, housing, social care, mental health, police and criminal justice, voluntary organisations and for anyone new to the substance misuse sector.

Overview
This 1-day course gives the essential facts and dispels some of the myths about cannabis, Britain's most widely used illicit drug. A primary focus of the course is harm reduction, and the course equips learners with tools to support their clients to reduce or stop their use and minimise harm.

Benefits and learning outcomes to you and the organisation
- Identify the effects and risks of cannabis and synthetic cannabinoids
- Describe the varieties and potencies of cannabis including synthetic cannabinoids and the methods of use
- Discuss the current evidence on links between cannabis use and mental health
- Explain the use of brief interventions and harm reduction approaches with cannabis users

Trainers
Pavilions Health Promotion Team (Drugs and Alcohol)

Paul Jacob: Youth Offending Service and RU-OK? Substance Misuse Worker
Paul Jacob is the substance misuse worker at Brighton and Hove Youth Offending Team. He has been involved in the delivery of drugs education, training and substance misuse treatment with children, young people, families and professionals since 1998. He is the author of ‘The Drugs Education Toolkit’ and ‘Working with Parents and Carers of Drug Users – A Handbook.’
Domestic Abuse & Substance Misuse

Who should attend
This course is suitable for all practitioners and volunteers working in primary and community health, education, housing, social care, mental health, police and criminal justice, voluntary organisations and for any one new to the substance misuse sector wishing to improve their response to clients who may be experiencing domestic abuse.

Overview
This course will enable participants to understand concepts and develop skills to work effectively with service-users who present with domestic abuse and substance misuse issues. Participants will explore the behaviours, which constitute domestic abuse, and the ways in which substances are used in the context of domestic abuse. Domestic abuse risk management and safety planning will be considered within the context of working with service-users affected by both issues. Participants will learn to recognise the need to work at community level with effective screening and signposting on to relevant services.

Benefits and learning outcomes to you and the organisation
- Identify the issues facing clients who are affected by both domestic violence and substance use, and how these issues may affect or obstruct their access to appropriate service provision
- Outline strategies and skills appropriate to addressing presenting needs of clients who are experiencing domestic abuse and problematic substance use
- Approach the dual issues in an integrated way through partnership working and effective referral processes

Trainers
Pavilions Health Promotion Team (Drugs and Alcohol)

Rose Hawkins Rise: B&H Domestic Abuse Support Charity
Rose has worked with women, children and young people experiencing Domestic Abuse and its impact for 6 years. Rose supports a staff team to run a women's refuge and a Domestic Abuse helpline. Rose is involved in developing and delivering training on the dynamics of Domestic Abuse and the complexities of working in this area.

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Who should attend
This 2-day course is crucial for practitioners and volunteers working in social care settings, primary care and community health, housing support, mental health, police and criminal justice, voluntary organisations education, and for any one new to the substance misuse sector.

Overview
A two-day Open College Network accredited course (1 credit, level 2) on substance misuse, related issues and interventions. This course reflects National Occupational Standards, and is essential for anyone who comes into contact with drug or alcohol users in their work. This is an ideal introduction to current substance use issues in Brighton and Hove, equipping you with the knowledge and tools you will need to support your service-users, including signposting to specialist services.

Benefits and learning outcomes to you and the organisation
- Identify the reasons for substance use and the impact it can have on users, their families / carers and the wider community.
- Describe the effects of commonly used substances
- Identify and respond more effectively to substance misuse in your work
- State the range of helping agencies locally and nationally

Trainer
Pavilions Health Promotion Team (Drugs and Alcohol)

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Dual Diagnosis: Mental Health & Substance Misuse

Who should attend
This course is suitable for those working in primary and community health, education, housing, social care, mental health, police and criminal justice, voluntary organisations and for any one new to the substance misuse or mental health sector, wishing to improve their response to clients who may be experiencing both mental health and substance misuse issues

Overview
This course will enable participants to understand and gain skills to work effectively with service-users who present with mental health and substance misuse issues. Participants will; review key definitions of terms, explore attitudes and myths, have the opportunity to discuss best practice in direct work, and gain confidence in understanding treatment pathways and local support systems. Participants will discuss how best to work at community level, using effective screening and signposting to specialist services.

Benefits and learning outcomes to you and the organisation
- Develop knowledge of dual diagnosis – definitions, attitudes & experience
- Understand the nature of the complex relationship between mental ill health and substance misuse
- Identify and respond more effectively to clients with dual diagnosis in practice
- Identify key issues facing clients affected by both substance misuse and mental health issues and how these issues may affect or obstruct access to appropriate service provision
- Be aware of treatment pathways and key service providers in the city

Trainers
Pavilions Health Promotion Team (Drugs and Alcohol)
Jude Godden, Sussex Partnership NHS Foundation Trust
SUSTAIN service user group representatives

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Novel Psychoactive Substances (inc. ‘legal highs’ and club drugs’)

Who should attend
This course is relevant for volunteers and practitioners working with adults and young people in social care settings, primary care and community health, housing support, education, mental health, police and criminal justice, voluntary organisations and for any one new to the substance misuse sector.

Overview
This course highlights changing patterns, prevalence and sourcing of substances being used locally and nationally, and aims to increase confidence of professionals working with those who may be using these new psychoactive substances. It develops screening and assessment skills and enables professionals to support service-users via advice and referral to specialist services when relevant.

Benefits and learning outcomes to you and the organisation
- Identify changing patterns of NPS use
- Explore the ever changing landscape of legal highs and new substances
- Increase knowledge of new substances and associated risks
- Feel confident in responding to emerging trends
- Identify when and how to refer to specialist services

Trainer
Pavilions Health Promotion Team (Drugs and Alcohol)

Date
Thu 14 May 2015
Wed 23 September 2015
Wed 25 November 2015
Fri 18 March 2016

Time
09:30 – 16:30
09:30 – 16:30
09:30 – 16:30
09:30 – 16:30

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Alcohol & Young People

Who should attend
This course is suitable for practitioners and volunteers in social care settings, primary care and community health, Housing support services, mental health, police and criminal justice, voluntary organisations, education, and for anyone new to the substance misuse sector working with young people under 18.

Overview
As hospital admissions continue to rise for the under 14s and more young people are developing alcohol-related health problems, there is a high level of concern about excessive drinking by young people. This one-day course has been designed to equip learners with the skills and knowledge to enable them to work more effectively with young people using alcohol.

Benefits and learning outcomes to you and the organisation
- Describe the effects and risks alcohol can present to young people
- Identify the social constructs that surround alcohol and how this can influence young peoples’ use
- Explain the importance of brief interventions to enable young people who do not need specialised treatment to change their drinking behaviour and reduce risk
- Carry out screening and referral assessments

Trainers
Pavilion Health Promotion Team (Drugs and Alcohol)
BHCC Youth Service

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Health Awareness
Level 1

Who should attend
An introductory-level health awareness course suitable for practitioners with a role in promoting health and wellbeing – e.g. in the community and voluntary sector; those preparing for careers in health and healthcare; volunteers, those working in care homes, the housing sector and community pharmacy.

Overview
This Royal Society for Public Health (RSPH) Level 1 Award provides learners with a basic awareness of the principles of health and the impact of health behaviour on health and wellbeing. Participants will be provided with a range of resources on promoting health.

To gain the award there is an optional 45-minute multiple-choice assessment and successful candidates will receive an RSPH certificate. This costs £9, to be paid by the individual or their organisation, by agreement, directly to the Public Health Team. This course provides a foundation for further learning. Learners may progress to other health awards such as the RSPH Level 2 Award in Understanding Health Improvement.

Benefits and learning outcomes to you and the organisation
- Understand the meaning of ‘health’
- Understand the basic principles of public health
- Understand the lifestyle choices affecting personal health and wellbeing
- Be aware of local services and initiatives available to promote health and well-being

Trainers
Liz Dean is an independent trainer and educator with 15 years experience in public health, health promotion, education and youth work.

Lauren Deighton
is an independent public health adviser with a broad range of interests including sexual health, physical activity, mental health promotion and alcohol harm reduction.

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Understanding Health Improvement Level 2

Who should attend
This Level 2 course is specifically designed for practitioners with an interest in developing public health knowledge and skills and who wish to build on their role in promoting health and wellbeing – e.g. in pharmacies, in sport and leisure; in the community and voluntary sector; those working in education, criminal justice; care homes and the housing sector.

Overview
This Royal Society for Public Health (RSPH) Level 2 Award is accredited with the Qualifications and Credit Framework (QCF). This course provides learners with knowledge and understanding of the benefits of positive health and wellbeing and how to support and direct individuals towards further practical support in adopting and maintaining a healthier life. The course will provide a national and local context of health and a useful overview of tools and resources including local initiatives and services, which promote health improvement.

The accreditation is optional.
In order to gain the Award candidates need to attend the half day workshop on the second day and complete a 45 minute multiple choice exam which will be assessed and successful candidates will receive an RSPH certificate. This costs £17, to be paid by the individual or their organisation, by agreement, directly to the Public Health Team.

Learners may progress to other health awards such as the RSPH Level 2 Award in Understanding Behaviour Change (Health and Wellbeing).

Benefits and learning outcomes to you and the organisation:
- Know how inequalities in health may develop and what the current policies are for addressing these
- Understand how effective communication can support health messages;
- Know how to promote improvements in health and wellbeing to individuals;
- Understand the impact of change on improving an individual’s health and wellbeing

Trainers
Liz Dean is an independent trainer and educator with 15 years experience in public health, health promotion, education and youth work.

Lauren Deighton is an independent public health adviser with a broad range of interests including sexual health, physical activity, mental health promotion and alcohol harm reduction.

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion

Duration: 1.5 days

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Understanding Behaviour Change Level 2 (Health & Wellbeing)

Who should attend
Designed for practitioners currently working face to face with individuals to change health related behaviours e.g. Smoking, poor diet, inactivity, alcohol use and unsafe sex.
The course aims to build on skills and confidence to address behaviour change relating to health and wellbeing e.g. in community health and social care, in community pharmacies, in sport and leisure, in mental health, in the community and voluntary sector; those working in education, youth work, criminal justice and the housing sector.

Overview
A two-day creative and participatory course, the Royal Society for Public Health (RSPH) Level 2 Award provides the learner with the knowledge, skills and confidence to offer opportunistic brief advice to, or engage in brief interventions with individuals which could improve their health and wellbeing.

Participants will develop skills in reflective listening and be introduced to the principles which underpin motivational interviewing whilst also considering what helps and hinders the change process including dealing with resistance and reluctance.
By the end of the course participants will have developed a toolkit of strategies they can apply when working with individuals to facilitate behaviour change.

The accreditation is optional. In order to gain the Award, candidates are required to complete a 45-minute multiple-choice exam at the end of Day 2, which will be assessed and successful candidates will receive an RSPH certificate. The accreditation costs £17 to be paid by the individual or their organisation, directly to the Health Promotion Team.

Benefits and learning outcomes to you and the organisation
- developed communication skills to effectively support health behaviour change
- knowledge on the theory and evidence underpinning good practice in behaviour change
- know how to support individuals to adopt positive health behaviour, including assessing need, readiness and motivation as well as dealing with resistance
- have confidence in enabling individuals to develop tools and strategies to make and maintain changes

Trainer
Liz Dean is an independent trainer and educator with 15 years experience in public health, health promotion, education and youth work and is a member of MINT (Motivational Interviewing Network of Trainers).

Sarah Ennion

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Who should attend
Professionals working with clients that could be at risk of poor sexual health such as youth workers, housing support staff, education professionals, social care practitioners. Any professional seeking a basic update on local and national sexual health issues.

Overview
This one-day course will cover the basic aspects of sexual health including Sexually Transmitted Infections, Contraception, Condom use and promotion, unplanned pregnancy and self-esteem. Participants will explore issues linked to poor sexual health and build skills and confidence to address sexual health issues with clients.

Benefits and learning outcomes to you and the organisation

- Develop basic knowledge of Sexually Transmitted Infections, including HIV and know how to make appropriate referrals to GUM services
- Be confident in promoting Safer Sex messages, including promotion of condoms, Femidoms and Dams and knowledge of the local C-Card/free condom scheme
- Develop a basic understanding of the range of contraceptive methods available including how they work and their effectiveness and know how to make appropriate referrals to contraception services.
- Consider the impact of unplanned pregnancy, pregnancy choices and how to make appropriate referrals to support services.
- Examine personal attitudes to sex and sexual health and consider how this can impact or affect work with clients
- Explore the factors that can impact on an individuals sexual health and develop basic skills to address sexual health concerns with clients

Trainer

Georgina Hume has been based with the Chlamydia Screening Team in Brighton & Hove for the past 3 years and works to promote positive sexual health to under 25’s. Georgina has worked to embed a programme of Chlamydia Screening and local service promotion to all Brighton & Hove secondary schools, supports all local sexual health provision for young people through professionals training and sessional delivery. Georgina also manages the local C-Card scheme and supports the Morley Street Volunteer Health Advisor Programme. Previously she worked in East London for the Teenage Pregnancy Strategy.

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
Are You Ready..
Or not quite yet?
Supporting Young People to Delay Early Sex

Who should attend
Any professionals working with young people (especially younger young people) including youth workers, education professionals, foster carers and social care practitioners. Any professional seeking more information on supporting young people to delay early sex and build self esteem. It is advisable that participants have attended the Sexual Health Basic Awareness Training before attending this course and/or have some experience of working with young people around sexual health issues.

Overview
This 2-day course allows professionals to develop “R U Ready?” work with young people by experiencing a range of practical tools and activities to take back to practice. It explores why young people choose to engage in early sex, how self esteem and peer pressure influence young people’s decisions and how to support young people to make choices about sex that feel right for them, including helping them to decide when they are really ready.

Benefits and learning outcomes to you and the organisation
- Look at the causes and effects of early sex and current research findings
- Understand the role played by the media and peer pressure on young people in relation to early sex
- To come to an understanding of what the delay approach is and to become clearer about the distinction between Delay and Abstinence
- To explore a range of practical ways of working with young people to help them to make positive and healthy decisions for themselves
- To consider the concept of “readiness” for young people and introduce a decision-making resource for them to use in assessing this.
- To plan ways to apply the course learning and integrate approaches into all aspects of practice

Trainer
Georgina Hume is a Senior Health Promotion Specialist, based with the Chlamydia Screening Team in Brighton & Hove and works to promote positive sexual health to under 25’s including through schools work and professionals training.
Larissa Hudson is a Contraceptive and Sexual Health Nurse & Nurse Health Advisor at Morley Street CASH Service.

Sussex Community NHS
NHS Trust

How to book
Complete a Training Request Form
Enquiries: coursesforcare@brighton-hove.gov.uk
Tel: 01273 291460
www.brighton-hove.gov.uk/healthpromotion
C-Card Training
(Issuing Condoms)

Who should attend
Any Staff working within a C-Card Full Access Point (Youth Service, LCS GPs, Further Education Settings, School Health Drop-ins, R U OK?, Youth Offending, Allsorts and Clocktower Sanctuary). Staff working within C-Card Pick up Points may also wish to attend.

Overview
The local C-Card scheme has undergone a recent evaluation and review. Based on young people’s feedback all sites now delivering C-Card consultations must attend C- Card training to ensure a uniform service throughout Brighton & Hove.

Training addresses a range of issues relating to young people’s sexual health and ensures that professionals delivering the C-Card scheme are confident and comfortable in their role. Benefits and learning outcomes to you and the organisation

By the end of the course, participants will have:

- An increased knowledge of Sexual Health issues locally
- Consideration for young people’s views, feelings and potential barriers to accessing services
- An increased confidence in knowledge of sex & the law in relation to young people
- A detailed understanding of the C-Card scheme, it’s purpose & requirements
- Developed a brief understanding of “R U Ready?/delay work and basic skills to implement its principles into their work
- Practiced skills in answering questions & building rapport with young people
- Developed & practiced the skills to deliver a full C-Card consultation in a concise & standardised way.

How to apply
To book contact: SC-TR.BrightonCASH@nhs.net
More details available on http://www.swish.org.uk

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Duration: 3 Hours
Pregnancy Testing

Who should attend
Anyone working (in a voluntary or employed capacity) within an organisation that offers, or wishes to offer, a pregnancy testing service
Anyone already offering a pregnancy testing service who would like to update their knowledge and skills

Participants are recommended to have basic contraceptive & sexual health knowledge before attending this course.

Overview
Pregnancy Testing Service training is designed to give participants an understanding of what is involved in offering a free, safe pregnancy testing service to young people in Brighton & Hove.

This short session provides the theory to offering a pregnancy testing service and does not alone qualify participants to work independently with young people. Participants must commit to completing the independent learning tasks in the training manual provided. Participants and their managers are responsible for organising and committing to a programme of shadowing experienced staff offering a pregnancy testing service before they offer the service to a young person.

Participants MUST be observed in practice by an experienced team member before they are able to offer the testing service independently.

Benefits and learning outcomes to you and the organisation
- Develop an understanding of the pregnancy testing service and what this means for young people
- Increase your knowledge and/or a chance to recap on menstrual cycle, fertility and conception
- Reflect on cultural and personal perspectives on when conception occurs and be mindful of this when discussing with young people
- Demonstrate a basic understanding of contraceptive methods and how this relates to pregnancy testing (Independent Learning)
- Express a basic understanding of STI risks for young women presenting for pregnancy testing and the skills to offer Chlamydia testing and referral to Sexual Health Screening Services
- Develop the skills to safely conduct a pregnancy test, including pre-test assessment and post-test discussion
- Confidently identify appropriate agencies and make referrals where needed, including identifying pregnancy options and relevant support services

Trainer
Georgina Hume, Senior Health Promotion Specialist and Larissa Hudson, Morley Street Health Advisor

How to apply: email SC.TR-BrightonCASH@nhs.net
HIV Awareness

Who should attend
Any who is working with people living with or communities at risk of HIV; LGBT and BME Communities; homeless; young people, probation, mental health, police, teachers, HR staff, health professionals and other voluntary sector workers. The course is ideal for those who require an update on their existing HIV knowledge.

Overview:
This full day course provides attendees with working knowledge to understand and support the needs of people with and communities affected by HIV. Basic biology, transmission, treatment, testing & prevention are covered. The second part of the day focuses on the wider implications of HIV, including stigma, co-infection, criminalisation and living with HIV.

Benefits and Learning Outcomes
- Describe what HIV & AIDS is and the importance of terminology
- Explain how HIV is and isn’t transmitted
- Understand current epidemiology and populations affected by the virus
- Have basic knowledge on treatment and the issues surrounding it
- Dispel the myths and fear surrounding HIV
- Understand social implications of living with HIV
- Understand the impact of HIV stigma, discrimination
- Understand the criminalisation of HIV transmission

Venues (optional)
Terrence Higgins Trust Brighton and host organisations

Dates and duration of the course
Full day & half day available on request

Trainer
Ross has worked for the Terrence Higgins Trust since 2009 and has experience of delivering a range HIV and sexual health promotion programs to a broad range of communities. Like all THT trainers Ross is accredited trainer.

How to Book
Contact ross.boseley@tht.org.uk

Terrence Higgins Trust is the largest voluntary sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain. Local services fall into three areas: long term condition management; health improvement and clinical services.
Older People & HIV

Who Should Attend
Staff and volunteers working with older people living with HIV, organisations supporting older people living with HIV, care workers, social care staff, health professionals and voluntary sector workers. The course is ideal for those who require an update on their existing HIV knowledge.

Overview
Older people are the fastest-growing group in the UK living with HIV.
There are now up to 25,000 older people living with HIV in the UK, and in the coming years this number will continue to grow as people living with HIV age due to effective treatment and others contract HIV later in life.
This group of people will rely more and more on support from formal services such as social care services, care homes and sheltered housing – as they age.

Benefits and Learning Outcomes
- Participants will have a better understanding of how HIV is and isn’t transmitted
- Participants will have an improved knowledge of the social implications of living with HIV and of support services for people living with HIV
- Participants will feel better able to support older people living with HIV, and be aware of the specific needs of older people living with HIV
- Organisations will have enhanced skills and sustainable strategies to better support older people living with HIV through key transitions associated with ageing

Venues (optional)
Terrence Higgins Trust Brighton and host organisations

Dates and duration of the course
Contact us to discuss dates – training sessions last for 3hrs.

Trainer
Richard Cooper has worked for the Terrence Higgins Trust since 2012 and has held a number of positions within local HIV organisations. Like all THT trainers Richard is an accredited trainer

How to Book
Email: richard.cooper@tht.org.uk

Health Wealth and Happiness is a Big Lottery funded project from Terrence Higgins Trust providing services and support for people 50 and over living with HIV. The project aims to give organisations enhanced skills and sustainable strategies to better support older people living with HIV.
Trans Health Matters

Who Should Attend
Anyone working with people living with or Trans people, in particular in relations to sex and sexual health. This might include medical professionals, pharmacists, those working in domestic violence, homelessness, with young people, mental health, police, teachers, HR staff, health professionals and other voluntary sector workers

Overview
Trans people can sometimes experience different health and sexual health needs to the general population. As well as basic Trans awareness this half day course focusses on the sexual health issues specific to Trans people and provides attendees with working knowledge to understand and support the physical health, mental health and sexual health needs. The course assumes you know the basics of sexual health and is made up of the following three main areas:

- Distinguishing sex, gender and sexuality
- Understanding transition – social, hormonal, surgical
- Sex and relationships

Benefits and Learning Outcomes
- Identify the difference between sex, gender and sexuality.
- Understand the basic of relevant surgical procedures.
- Feel more confident working with Trans people.
- Feel more knowledgeable on the factors and issues you to be aware when working with your Trans* patients/clients/service users regarding their sexual health.

Venues (optional)
Terrence Higgins Trust Brighton and host organisations

Dates and duration of the course
Half day available on request.

Trainers
Training is delivered in partnership with THT and FTM Brighton, and has been developed in consultation with Clinic T – Brighton’s only specialist Trans sexual health clinic. Ben Tooke has worked for the Terrence Higgins Trust since 2013 and has experience of delivering a range HIV and sexual health promotion programs to a broad range of communities. Ed Whelan works with a number of Trans community groups in Brighton. Like all THT trainers Ben and Ed are accredited trainers

How to Book
Email Ben Tooke at ben.tooke@tht.org.uk
Chem-sex amongst Men Who have Sex With Men

Who Should Attend
Brighton and Hove has seen a significant increase in particular types of sexualised drug-use amongst MSM recently. Any who is working with people living with or Trans people, in particular in relations to sex and sexual health. This might include medical professionals, needle exchange, alcohol and substance use workers, community groups supporting MSM, those working in commercial LGBT venues and sex on premises venues, sexual health, A&E, domestic violence, homelessness, with young people, mental health, police, universities and teachers, HR staff, health professionals and other voluntary sector workers.

Overview
Chem-sex refers to sex involving drugs. This half day course provides attendees with up to date knowledge concerning cultural and medical changes that have affected drug use and sexual risk taking amongst MSM, included PEP, PrEP, viral load and increased prevalence of smartphone app use and sex parties. The training also covers harm reduction practices and safer drug taking, as well as brief intervention and behaviour change approaches to working with MSM and chem-sex.

Benefits and Learning Outcomes
- Understand changes in HIV and sexual health
- Describe drugs commonly used by MSM
- Understand reasons why MSM might have chem-sex
- Describe the risks relating to chem-sex
- Understand the risks relating to chem-sex
- Feel confident talking about chem-sex with MSM
- Feel confident to refer and signpost

Venues (optional)
Terrence Higgins Trust Brighton and host organisations

Dates and duration of the course
Half day available on request

Trainer
Ben Tooke has worked for the Terrence Higgins Trust since 2013 and has experience of delivering a range HIV and sexual health promotion programs to a broad range of communities. Like all THT trainers Ross is accredited trainer

How to Book
Email Ben at ben.tooke@tht.org.uk
Oral Health Awareness

Who should attend
Anyone interested in the health of their own mouth, or those they work with. The course will cover basic mouth care, prevention and improvement of oral health for staff, their clients and dependents.

Overview
The Course will cover basic oral care, hygiene and prevention - a holistic approach also looking at how poor oral health can impact on general health. It aims to increase knowledge of oral care, dental diseases and how to prevent them.
The second part of the session will be looking at prevention and the support needed for specific client groups that attending delegates work with. This can cover infants, children, vulnerable groups and older people and will include a practical session (if required) on how to clean another person’s mouth.

Benefits and learning outcomes to you and the organisation
- To gain knowledge in the cause and effect of dental diseases
- To be updated on current evidence based prevention messages
- To be able recognise certain conditions in the mouth and how to alleviate discomfort.
- To increase confidence in cleaning another persons mouth

Venues and Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon 1 June 2015 9.30-11.30am</td>
<td>Arundel Boardroom 1st Floor BGH BN2 3EW</td>
</tr>
<tr>
<td>Mon 8 June 2015 2.00-4.00pm</td>
<td>The Treehouse CFC, Bersted Site, Laburnham Grove Junior School Bognor Regis PO22 9HT</td>
</tr>
<tr>
<td>Tue 8 September 2015 2.00-4.00pm</td>
<td>Arundel Boardroom 1st Floor BGH BN2 3EW</td>
</tr>
<tr>
<td>Tue 15 September 2015 9.30-11.30am</td>
<td>SCD, Haywards Heath Health Centre, Heath Road RH16 3BB</td>
</tr>
<tr>
<td>Wed 9 December 2015 2.00-4.00pm</td>
<td>Arundel Boardroom 1st Floor BGH BN2 3EW</td>
</tr>
<tr>
<td>Wed 16 December 2015 9.30-11.30am</td>
<td>The Treehouse CFC, Bersted Site, Laburnham Grove Junior School Bognor Regis PO22 9HT</td>
</tr>
<tr>
<td>Thu 3 March 2016 9.30-11.30am</td>
<td>Arundel Boardroom 1st Floor BGH BN2 3EW</td>
</tr>
<tr>
<td>Thu 8 March 2016 2.00-4.00pm</td>
<td>SCD, Haywards Heath Health Centre, Heath Road RH16 3BB</td>
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How to book:
Please email debbie.robinson@nhs.net or call 01273 267345 with your name, contact / trust details and which training date you would like to attend and we will reserve your place.
NB: If the dates provided are unsuitable or you are interested in bespoke training for your particular area of work, please contact our department.