

# Relationships & Sexual Health Training Programme 2015

South Gloucestershire Council  
(Health and Wellbeing Division)

## Introduction:

This training plan has been produced by South Gloucestershire Council's Health and Wellbeing Division. The plan is informed by an audit of practitioner need and is reflective of current workforce priorities.

## Fees:

Unless otherwise stated, all courses are fully subsidised for South Gloucestershire-based workers.

## Booking:

Course booking must be made by the person who wishes to attend the course, and not by their line manager or other person on their behalf. Unless otherwise stated bookings can ONLY be made by email to [hrworkforcedevelopment@southglos.gov.uk](mailto:hrworkforcedevelopment@southglos.gov.uk) and must specify;

- The name, date and venue of the course you wish to attend
- Your name
- Job title
- Place of work
- Your email address and phone number
- The name of your Line Manager.

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**Title:** C.Card – Registered Practitioner

**Target audience:** Any professional / practitioner wishing to deliver the C.Card scheme & / or have their place of work accredited as a C.Card venue. *Please note, existing C.Card providers will need to attend either attend this course or the C.Card - Registered Practitioner Update training in order to continue delivering the scheme.*

**Overview:** This hands-on, practical training course is designed to enable professionals to develop the knowledge, skills & confidence needed to become a registered 'C.Card Practitioner'. The course will cover; how to effectively register young people, making effective referrals, new scheme arrangements, practitioner registration, new monitoring processes, updated guidelines, evaluation requirements & further training considerations. Participants must also complete the Delivering Effective Relationships & Sex Education (RSE) Work (Part 1) course before they are able to deliver the C.Card scheme. However, the courses can be completed in any order.

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
28/01/2015	Cleve Rugby Club, Mangotsfield, BS16 9EN <b>(22)</b>	All courses are 9.45am to 4.15pm
26/03/2015	Rm F34/35 Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	
09/06/2015	Rm F36/37, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	
22/10/2015	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	

**Title:** C.Card - Registered Practitioner Update

**Target audience:** Any professional / practitioner who has previously received C.Card training prior to October 2014 & who wishes to continue delivering the scheme or current practitioners who are now required to complete their annual Update training.

**Overview:** This practical, skills-based refresher training is a mandatory requirement for practitioners wishing to keep their Registered Practitioner status for the following 12 months. The course will largely comprise reflective-practice analysis of case studies, examination of ethical / moral dilemmas & an update on latest trends in safeguarding, sexual behaviour patterns & local service developments. It will also provide an opportunity for practitioners to share ideas on the development and / or update of best practice guidance.

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
22/04/2015	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	All courses are 9.45am to 4.15pm
11/11/2015	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	
07/12/2015	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	

**Title:** Child Sexual Exploitation

**Target audience:** This course is suitable for anyone whose work does, or is likely to, bring them into contact with children, young people, vulnerable adults or families experiencing challenging circumstances

**Overview:** This course is delivered by Barnardos Against Sexual Exploitation (BASE) & a South Gloucestershire Social Care Practice Manager. Its overall purpose is to enable delegates to understand the experiences & practice issues relating to children & young people who are at risk of sexual exploitation.

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
02/02/2015	TBC, contact <a href="mailto:hrworkforcedevelopment@southglos.gov.uk">hrworkforcedevelopment@southglos.gov.uk</a> for details <b>(16)</b>	All courses are 9.30am – 4.30pm
Further 2015 dates TBC	TBC, contact <a href="mailto:hrworkforcedevelopment@southglos.gov.uk">hrworkforcedevelopment@southglos.gov.uk</a> for details <b>(16)</b>	

**Title:** Delivering Relationship & Sex Education (RSE) Work (Part 1)

**Target audience:** Aimed at any practitioner working directly with vulnerable children, young people, adults and families. The course would also be suitable for people who work with parents of secondary-age children / young people.

**Overview:** The course aims to equip practitioners with the skills, knowledge & resources to confidently deliver Relationship & Sex Education work with young people and vulnerable adults in a variety of settings.

The course, along with the C.Card – Registered Practitioner training is a compulsory requirement for anyone wishing to operate the C.Card Scheme. However, courses can be completed in any order.

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
15/01/2015	The Oak Hall, Jubilee Centre, Bradley Stoke, BS32 8HL <b>(22)</b>	All courses are 9.45am to 4.15pm
12/03/2015	Rm F36/37, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	
20/05/2015	F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	
23/09/2015	F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	

**Title:** Delivering Relationship & Sex Education (RSE) Work (Part 2)

**Target audience:** Aimed at any practitioner who works with vulnerable children and young people, has a significant relationship, sex education and sexual health focus to their work and who would enjoy developing their repertoire of skills in relation to responding effectively to difficult situations or challenging cases.

**Overview:** This participative course is heavily focussed on developing a more effective repertoire of skills in the delivery of RSE work. It draws on reflective practice & critical thinking techniques in the analysis of case studies and hypothetical scenarios. It provides practitioners with an opportunity to think creatively about how to engage young people whose behaviour patterns and choices may be viewed as a cause for concern or in some way problematic or unhealthy. There will also be an opportunity for practitioners to use and reflect on the merits of specialist resources.

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
08/07/2015	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	All courses are 9.45am to 4.15pm
13/10/2015	Rm F36/37, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	

**Title:** Effectively Meeting the Relationship and Sex Education Needs of Young People with a Learning Disability

**Target audience:** Aimed at practitioners who work primarily or exclusively with children, young people & vulnerable adults with any form of learning disability.

**Overview:** This course will be delivered by the specialist Learning Disability team from Brook Bristol. The course aims to equip practitioners with the specific skills, knowledge & resources to confidently deliver Relationship & Sex Education work with children, young people & vulnerable adults who have a learning disability. Course materials will draw heavily on evidence from the field and explore a range of appropriate and effective delivery techniques.

<b>Dates:</b>	<b>Venue:</b>	<b>Duration:</b>
06/05/15	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	All courses are 9.45am to 4pm
16/09/15	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	

**Title:** Effectively Meeting the Relationship, Sex Education & Sexual Health Needs of LGBT&Q Young People

**Target audience:** Aimed at any practitioner working directly with vulnerable children, young people, adults and families. The course would also be suitable for people who work with parents of secondary-age children / young people.

**Overview:** This practical 1-day course is being delivered by The Diversity Trust. The course will provide an opportunity for practitioners to develop their knowledge and skills in challenging gender and heterosexist assumptions, becoming a more LGB and Trans inclusive organisation and how to make and follow-up effective referrals. The course will also provide an overview of current legislation and what evidence tells us about the accessibility of local services.

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
24/06/2015	Venue to be confirmed <b>(18)</b>	10am to 4pm

**Title:** Pregnancy and Abortion; Choices, Challenges & Dilemmas

**Target audience:** Aimed at practitioners whose job role makes it likely that they will need to effectively support young people who become pregnant. This is most likely to be (but not exclusively) those who work in schools or colleges and those who work with vulnerable young people.

**Overview:** This 1-day course is being delivered by specialist practitioners with extensive experience from the field. The course is designed to raise awareness of abortion including; methods, statistics, law and statutory guidance, public opinion and religious and cultural views. It will also provide an opportunity for participants to; explore values regarding the abortion decision, develop skills in appropriately supporting to young people, receive information on services available to young people in South Glos and beyond (including useful information on anti-abortion services).

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
01/07/2015	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	9.15am – 4.30pm

**Title:** Brook Sexual Behaviours Traffic Light Toolkit

**Target audience:** Aimed at any practitioner working directly with vulnerable children, young people, adults and families. The course would also be suitable for people who work with parents of secondary-age children / young people.

**Overview:** Developed by Brook with funding from the Department for Education, the resource helps professionals who work with children and young people to identify, assess and respond appropriately to sexual behaviours. Based on a very well tested model developed in Australia it uses a 'traffic light tool' to categorise sexual behaviours, to increase professional understanding of healthy sexual development and harmful behaviour and consider whether further action needs to be taken to safeguard young people.

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
09/03/2015	The Jubilee Centre, Savages Wood Rd, Bradley Stoke, BS32 8HL <b>(20)</b>	All courses are 9.45am – 4pm
24/09/2015	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(20)</b>	

**Title:** Talking to your Children and Young People about Relationships, Sex and Sexual Health

**Target audience:** This training is specifically for Foster Carers

**Overview:** The course aims to equip Foster Carers with the specific skills, knowledge & resources to confidently initiate and respond to conversations about their children's relationship, sex and sexual health needs. This training is delivered by specialist staff from South Gloucestershire Council & North Bristol Trust. It will draw heavily on evidence & case studies from the field to ensure the delivery remains rooted in the context of the specific challenges & difficulties experienced by looked after children & young people.

<b>Dates:</b>	<b>Venue / Capacity:</b>	<b>Duration:</b>
14/04/2015	Rm F34/35, Civic Centre, Kingswood, BS15 9TR <b>(18)</b>	9.30am to 2.30pm
17/06/2015	(N.B. the 2 sessions below are a twilight version of the above, participants should attend both sessions)	6.30pm to 9pm
30/06/2015	Rm F17, Civic Centre, Kingswood, BS15 9TR <b>(18)</b> Rm 0012, Badminton Rd, Yate <b>(18)</b>	



Please be aware that other training courses are under development and consideration at present. However, if you would like to make any comments or suggestions about anything you feel is missing from this training plan please feel free to email;

[Nikki.giles@southglos.gov.uk](mailto:Nikki.giles@southglos.gov.uk)