### How to Apply & Charging Policy

Courses Provided by the Workforce Development Team in partnership with NHS Brighton and Hove

<table>
<thead>
<tr>
<th>Substance Misuse courses:</th>
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<tbody>
<tr>
<td>Ageing and Alcohol</td>
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<tr>
<td>Alcohol Screening Brief Interventions</td>
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<td>Alcohol Substance Misuse and Capacity</td>
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<tr>
<td>Blood Borne Viruses, Safer Injecting &amp; Vulnerable Populations</td>
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<tr>
<td>Cannabis: All You Need To Know</td>
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<td>Domestic Abuse Substance Misuse</td>
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<td>Drug and Alcohol Basic Awareness</td>
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<td>Dual Diagnosis – Substance Misuse &amp; Mental Health</td>
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<tr>
<td>Legal Highs Novel Psychoactive Substances and Emerging Trends</td>
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<tr>
<td>Young People &amp; Alcohol</td>
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| Behaviour change courses:                      |  |
| Supporting Health Behaviour Change             |  |

| Sexual health courses:                         |  |
| Sexual Health Basic Awareness                  |  |
| Sexual Risk Taking                             |  |

Other Training Opportunities - see individual flyers for how to apply:

| Oral Health Care Training                      |  |
| C-Card Training (issuing condoms)             |  |
| Providing a Pregnancy Test                     |  |

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The Workforce Development Team

Email: coursesforcare@brighton-hove.gov.uk or Tel 01273 296184
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 and return 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 various health care roles. All applications are shortlisted approximately six weeks prior to the course and we will let you know whether you have been given a place at this stage.

Charging policy
Courses are currently funded for staff who work in Brighton and Hove within one or more of the following areas:
• Health Services
• Higher Education (colleges, sixth forms, universities)
• Community and Voluntary Sector
• Brighton & Hove City Council

Staff who work in the Private Sector or outside of Brighton & Hove are also welcome to apply but there is a cost involved:
• Half day (£60)
• Full day (£120)
• 2 days (£240)

Non-Attendance
A fee of £50 is levied against any places that are lost due to non-attendance whether your space is funded or charged. If you are given a place but are unable to attend we require at least five working days' notice so that we can allocate the place elsewhere. Substitution of a colleague at late notice is acceptable.
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

Duration: Part day

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<tr>
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<td>25 February 2015</td>
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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

Health Promotions Team Leader: Penny Ashby

Penny has over 4 years’ experience in CRI’s Health Promotion team since March 2009 and the Team Leader since 2012, developing and delivering core and bespoke training programmes as part of her role. Penny has 20 years’ experience as a Children and Families Social Worker and is a qualified trainer.

Older People’s Housing Manager: Peter Huntbach

Peter Huntbach is the Older Peoples Housing Manager for Brighton & 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.

How to book:

Complete the training application available from www.brighton-hove.gov.uk/healthpromotion

Administrative queries: coursesforcare@brighton-hove.gov.uk
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

Duration: Part day

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<td>06 June 2014</td>
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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. This 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 FAST screening tool
- Delivery of simple brief advice and interventions around alcohol
- Identify when and how to refer dependent and / or more problematic drinkers to specialist services

Trainer
Penny Ashby, Health Promotion Team Leader
Penny has over 4 years’ experience in CRI’s Health Promotion team since March 2009 and the Team Leader since 2012, developing and delivering core and bespoke training programmes as part of her role. Penny has 20 years’ experience as a Children and Families Social Worker and is a qualified trainer.

Emily Miler - Emily is an experienced trainer and has worked within the substance misuse field for 11 years. A trained counsellor, she has worked in various substance misuse projects and now works as a Brief Intervention Alcohol Recovery worker, here in Brighton & Hove. Emily helped launch the Take Home Naloxone project in East Lancashire training staff and clients in overdose prevention and naloxone administration.

How to book:
Complete the training application available from www.brighton-hove.gov.uk/healthpromotion
Administrative queries: coursesforcare@brighton-hove.gov.uk
**Who should attend**
This course is suitable for practitioners working in social care and housing support, in primary and community health, mental health, police and criminal justice, and voluntary organisations.

**Duration:** 1 day

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**Overview**
This one-day course is essential for practitioners who come into contact with people using drugs and/or alcohol, and respond to issues of mental health and capacity in their role. The day will give you time to discuss and reflect on the ethical issues related to mental health, capacity, and safeguarding, equipping you with the knowledge needed to support service-users within a safeguarding context, including roles and responsibilities in relation to multi-agency working.

**Benefits and learning outcomes to you and the organisation**
- Discuss how alcohol and substance misuse can impact on and individuals decision making
- Consider how MCA and the MHA can affect those with substance misuse and alcohol problems
- Discuss safeguarding in the context of substance misuse and alcohol use
- Consider appropriate interventions when offering services to people with substance misuse and alcohol problems
- Discuss dual diagnosis in relation to SMU/alcohol and mental health problems
- Discuss roles and responsibilities in relation to multi-agency working.

**Trainers Info:**
CRI Health Promotion Team (Drugs and Alcohol)
Dr Sarah Flowers (Consultant Psychiatrist) Sussex Partnership Foundation NHS Trust
Alex Goodwin, Senior Social Worker, Sussex Partnership Foundation NHS Trust

**How to book:**
Complete the training application available from [www.brighton-hove.gov.uk/healthpromotion](http://www.brighton-hove.gov.uk/healthpromotion)

Administrative queries: coursesforcare@brighton-hove.gov.uk

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**Back to Contents**
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

Duration: 1 day

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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 Info:
Lucy Basterra – Health Promotion Drug Lead
Majella Keller – BSUH Consultant Heptologist
Ian Thompson – THT HIV Health Promotion
Simon Williams – Sussex Partnership Foundation NHS Trust Substance Misuse Service Nurse
Francis Rocha – CRI Needle Exchange Practitioner

How to book:
Complete the training application available from www.brighton-hove.gov.uk/healthpromotion

Administrative queries: coursesforcare@brighton-hove.gov.uk
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.

Duration: 1 day

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<tr>
<td>6 December 2013</td>
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<td>03 December 2014</td>
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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
- Describe the various varieties and potencies of cannabis 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

Trainer
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.’

Jo Hart: CRI Cannabis Reduction and Cessation Worker
Supported by Lucy Basterra, Drugs Lead, CRI Health Promotions Team
Lucy has over 4 years’ experience designing, developing and delivering bespoke training programmes to diverse audiences in Brighton and Hove. Lucy specialises in substance misuse health promotion but has a background in domestic abuse and mental health work and training. Lucy is a qualified social worker and practice educator.

How to book:
Complete the training application available from www.brighton-hove.gov.uk/healthpromotion

Administrative queries: coursesforcare@brighton-hove.gov.uk
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.

Duration: 1 day

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Overview
This course will enable participants to understand concepts, and gain 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 with these dual 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
Lucy Basterra: Drugs Lead, CRI Health Promotion Team
Lucy has over 4 years’ experience designing, developing and delivering bespoke training programmes to diverse audiences in Brighton and Hove. Lucy specialises in substance misuse health promotion but has a background in domestic abuse and mental health work and training. Lucy is a qualified social worker and practice educator.

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 5 1/2 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 the training application available from www.brighton-hove.gov.uk/healthpromotion
Administrative queries: coursesforcare@brighton-hove.gov.uk
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.

Duration: 2 days - 09:30am to 4:30pm

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<td>6 &amp; 7 November 2014</td>
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<td>22 &amp; 23 January 2015</td>
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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
Penny Ashby: Health Promotions Team Leader
Penny has over 4 years’ experience in CRI’s Health Promotion team since March 2009 and the Team Leader since 2012, developing and delivering core and bespoke training programmes as part of her role. Penny has 20 years’ experience as a Children and Families Social Worker and is a qualified trainer.

Lucy Basterra: Health Promotion Practitioner, Substance Misuse
Lucy has over 4 years’ experience designing, developing and delivering bespoke training programmes to diverse audiences in Brighton and Hove. Lucy specialises in substance misuse health promotion but has a background in domestic abuse and mental health work and training. Lucy is a qualified social worker and practice educator.

Charmaine Kohn
CRI Health Promotion Team (Drugs and Alcohol)

How to book:
Complete the training application available from www.brighton-hove.gov.uk/healthpromotion

Administrative queries: coursesforcare@brighton-hove.gov.uk
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 anyone 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.

Duration: 1 day

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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 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
- 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 your work
- Identify key issues facing clients affected by both substance misuse and mental health issues and how these issues may affect or obstruct their access to appropriate service provision
- Be aware of treatment pathways and key service providers in the city

Trainer
Health Promotions

How to book:
Complete the training application available from www.brighton-hove.gov.uk/healthpromotion

Administrative queries: coursesforcare@brighton-hove.gov.uk
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.

Duration: 1 day

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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 professional 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 use
- Increase knowledge of new substances
- Feel confident in responding to emerging trends
- Identify and respond to clients' needs

Trainer
Lucy Basterra, CRI Health Promotions Drugs lead.
Lucy has over 4 years’ experience designing, developing and delivering bespoke training programmes to diverse audiences in Brighton and Hove. Lucy specialises in substance misuse health promotion but has a background in domestic abuse and mental health work and training. Lucy is a qualified social worker and practice educator.

Paul Jacob, BHCC Youth Offending Service and ru-ok? Specialist service for under 18’s
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.’

How to book:
Complete the training application available from www.brighton-hove.gov.uk/healthpromotion

Administrative queries: coursesforcare@brighton-hove.gov.uk
Young People and Alcohol

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.

Duration: 1 day

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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

Trainer
Penny Ashby, CRI Health Promotion Team (Drugs and Alcohol)
Penny Ashby, Health Promotion Team Leader, Substance Misuse
Penny has over 4 years’ experience in CRI’s Health Promotion team since March 2009 and the Team Leader since 2012, developing and delivering core and bespoke training programmes as part of her role. Penny has 20 years’ experience as a Children and Families Social Worker and is a qualified trainer.

BHCC Youth Service

How to book:
Complete the training application available from www.brighton-hove.gov.uk/healthpromotion

Administrative queries: coursesforcare@brighton-hove.gov.uk
Who should attend
All Children’s Services, Adult Services and CVS practitioners who are involved in working face-to-face with groups or individuals to change from negative health related behaviours, e.g. smoking, drug use, poor diet, unsafe sex, to adopting more positive health behaviours.

The course is particularly relevant for: Social Workers, primary care and community health workers, Housing Support, anyone new to the substance misuse sector, foster carers of adolescents, mental health practitioners, police and criminal justice workers, learning mentors, teachers, Teaching Assistants, community workers, youth workers

Duration: 2 days

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<td>10 &amp; 11 July 2014</td>
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<td>26 &amp; 27 March 2015</td>
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Overview
A two-day course aimed at providing participants with knowledge and skills to support service users make positive ‘life-style’ choices and changes related to their health and well-being: these may include stopping smoking, reducing or stopping alcohol or substance use, adopting a healthy diet, doing more exercise or practicing safer sex.

The course enables participants to develop their skills in working confidently with a client whatever their readiness to change. The course is appropriate for those working with anyone aged 12 years upwards, and adults of all ages. Over the two days, participants will develop their skills in reflective listening and be introduced to the principles that underpin motivational interviewing. By the end of the two-day course participants will have developed a toolkit of strategies that they can apply when working with clients to facilitate behaviour change.

This course has an optional accreditation from the Royal Society of Public Health: level 2 Award in Understanding Behaviour Change (Health and Wellbeing). To gain the Award candidates will attend a morning’s workshop and complete a multiple choice exam. This costs £17, to be paid by the individual or their organisation, by agreement, directly to the Health Promotions Team.

Benefits and learning outcomes to you and the organisation:
- Describe two theories about behaviour change and apply the basic concepts to real service user situations
- Demonstrate understanding of what helps and hinders the change process
- Use a range of skills to support client thinking, decision making and active change processes
- List the principles for motivational interviewing
- Be aware of a range of communication tools
- Practice a range of basic skills and techniques for motivating change

Trainer  CRI Health Promotion Team (Drugs and Alcohol)

How to book:
Complete the training application available from www.brighton-hove.gov.uk/healthpromotion

Administrative queries: coursesforcare@brighton-hove.gov.uk
Sexual Health Basic Awareness

Who should attend
Any 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 professionals seeking a basic update on local and national sexual health issues.

Duration: 1 day

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<td>02 September 2014</td>
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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 2 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 the training application available from www.brighton-hove.gov.uk/healthpromotion
Administrative queries: coursesforcare@brighton-hove.gov.uk
**Sexual Risk Taking**

**Who should attend?** This course is suitable for professionals that have an existing level of sexual health knowledge and experience and who are working with clients to address risk taking behaviour. It is recommended that participants have previously completed Sexual Health Basic Awareness Training.

**Duration : 1 day**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>23 January 2014</td>
<td>9.30 am – 4.30 pm</td>
</tr>
<tr>
<td>08 July 2014</td>
<td>9.30 am – 4.30 pm</td>
</tr>
<tr>
<td>22 January 2015</td>
<td>9.30 am – 4.30 pm</td>
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**Overview**

Many of our clients are clued up about sexual health, STIs and contraception; however, there can often be a gap when it comes to putting this knowledge into action. This course aims to provide participants with practical tools to address sexual risk taking behaviour. We will explore strategies for working in a proactive preventative approach through group work and one to one interventions. The course content is based in line with the national and local good practice evidence base in terms of sexual risk taking and behaviour change.

**Benefits and learning outcomes to you and the organisation:**

- Explore the motivations and reasons behind sexual risk taking
- Develop a greater understanding of how we can use behaviour change practice to respond to sexual risk taking behaviour
- Increase awareness of different types of resistance and reluctance from clients to change / engage and explore strategies to overcome this
- Gain confidence and practical strategies to help & support people develop skills of resistance, assertiveness and self awareness – specifically using the ‘Risky Business’ behaviour resource for working with young people

**Trainer**

Georgina Hume has been based with the Chlamydia Screening Team in Brighton & Hove for the past 2 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:**

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Administrative queries: coursesforcare@brighton-hove.gov.uk

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*Brighton & Hove City Council*  
*Sussex Partnership NHS Foundation Trust*
Who should attend

Any Staff working within a C-Card Full Access Point (Youth Service, LES 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.

Duration: 3 HOURS
All C-card sites session: 26th March 2014, TBC
15th October 2014, TBC

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: Aimee.Edwards1@nhs.net
More details available on http://www.swish.org.uk
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.

Duration: 2 hours

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 & Dates:

- **Monday 3rd March 2014 1.30-3.30pm** @ J1 Boardroom, BGH BN2 3EW
- **Tuesday 4th March 2014 10.00-12.00pm** @ Haywards Heath Health Centre, Heath Road RH16 3BB
- **Wednesday 4th June 2014 9.30-11.30am** @ Arundal Boardroom 1st Floor BGH BN2 3EW
- **Wednesday 4th June 2014 10.00-12.00pm** @ The Treehouse CFC, Bersted Site, Laburnham Grove Junior School Bognor Regis PO22 9HT
- **Wednesday 10th September 2014 9.30-11.30am** @ Arundal Boardroom 1st Floor BGH BN2 3EW
- **Tuesday 16th September 2014 2.00-4.00pm** @ Haywards Heath Health Centre, Heath Road RH16 3BB
- **Wednesday 3rd December 2014 10.00-12.00pm** @ The Treehouse CFC, Bersted Site, Laburnham Grove Junior School Bognor Regis PO22 9HT
- **Thursday 18th December 2014 2.00-4.00pm** @ Arundal Boardroom 1st Floor BGH BN2 3EW
- **Tuesday 3rd March 2015 2.00-4.00pm** @ Arundal Boardroom 1st Floor BGH BN2 3EW

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 as per the ‘booking process’.
Who should attend

- Anyone working (in a voluntary or employed capacity) within an organisation that offers, or wishes to offer, a pregnancy testing service
- Participants are recommended to have basic contraceptive & sexual health knowledge before attending this course.
- Anyone already offering a pregnancy testing service who would like to update their knowledge and skills

Duration: 2 HOURS

Session: 2nd April 2014, TBC
22nd October 2014, TBC

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:

To book contact: Aimee.edwards1@nhs.net