



# Sexual Health and Blood Borne Virus

## TRAINING PROGRAMME

April 2025 - March 2026

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## Introduction

The Sexual Health & BBV Managed Care Network delivers training throughout the year with the aim to develop a **confident and competent workforce**.

This training is available for Tayside clinical and non-clinical workers across all agencies and where appropriate, volunteers, other members of the public and specific groups as detailed in the training course descriptions.

This programme contains a mixture of in person and online courses. We will also be running online bitesize learning sessions— these will be advertised throughout the year. We hope this hybrid approach to the training meets your needs. This year we have decided to release our full programme as usual but only allow bookings up to 3 months in advance. If you don't want to miss out on a space, you can sign up for training updates straight to your inbox [here](#).

## Working Principles

Our training will:

- Be undertaken by skilled and confident trainers
- Be based on the best epidemiological and research evidence available
- Be evaluated and updated accordingly
- Demonstrate gender sensitive practice
- Address inequalities
- Be multi-faceted and delivered through appropriate partnership working arrangements
- Be re-designed when appropriate to be delivered online

## Outcome Indicators

All training links to the delivery of outcomes in the [Scottish Government Sexual Health and BBV Action Plan 2023-26](#)

## How to Book

Please visit our website [here](#) to book individual training courses. Courses will be released for booking 3 months in advance.

**For targeted training** (see page 18) please book via the contact details specified within the training description. If you would like to be informed of new courses being released, you can sign up for updates straight to your inbox via our website link above.

Once you have booked a course, you will receive confirmation by email. If you do not receive confirmation within 24 hours, please contact us at [tay.bbvmcn@nhs.scot](mailto:tay.bbvmcn@nhs.scot) to alert us and a confirmation will be sent to you.

For all training we recommend that you ensure your attendance has been approved by your manager.

**IMPORTANT:** If you have been allocated a place in one of our training sessions but you are no longer able to attend, **please notify us as soon as possible via email** so that your place can be re-allocated

## Feedback

Your feedback is of great value to us. We use it to monitor and improve the quality of our courses and their delivery. It helps us to ensure our courses remain relevant and meet the needs of participants and expectations on the subject.

Besides attendance to all course sessions, the completion of a feedback form is compulsory to receive the course certificate. The feedback form will usually be an online survey. A link for this will be sent to you by email after completion of the training session.

## Venues

This programme includes a mix of in person and online courses. Any online training will be delivered via Microsoft Teams unless otherwise stated.

In person sessions will be delivered at a variety of venues across Tayside. Please see the course descriptor or online event for more information.

Please refer to each training descriptors and the training calendar on page 6 to see the venues for in person courses. More details about the venues will be given via email before the training.

Please note that catering is not provided but tea and coffee will sometimes be available. Some of the venues do have on-sight cafes and a break for lunch will be provided for any all-day courses.

## Bespoke Training

We are aware that departments/organisations are all under time pressure and find it increasingly difficult to release staff for training. If you have a group of staff who cannot attend scheduled sessions, we can consider bespoke training to meet the specific needs of your department.

If you would like to request any of our training to be delivered bespoke to your organisation's needs, please fill out our bespoke training request form [here](#)

# Training Calendar for 2025-2026

April 2025	May 2025	June 2025
	<p><b>Tuesday 20th</b> 10.00am – 13.00pm  <b>Course:</b> HIV &amp; Hepatitis C: Wise Up, Speak Up, Reach Out (in person, Bruce House, Arbroath)</p> <p><b>Thursday 22nd</b> 10:00am – 15:00pm  <b>Course:</b> Young People Online (in person, Women's Aid, Dundee)</p> <p><b>Wednesday 28th</b> 9.30am – 12.30pm  <b>Course:</b> Harm Reduction: What You Need to Know (in person, Bruce House, Arbroath)</p>	<p><b>Friday 6th</b> 10:00am – 15:00pm  <b>Course:</b> Healthy Relationships, Consent &amp; the Law (in person, Angus House, Forfar)</p>
July 2025	August 2025	September 2025
		<p><b>Thursday 4th</b> 10:00am – 15:00pm  <b>Course:</b> Young People Online (for staff based in Angus only) (in person, Angus House, Forfar)</p> <p><b>Tuesday 9th</b> 09:30am – 12:30pm  <b>Course:</b> Conversations and Condoms: It's Not All About Condoms but It's a Good Place to Start (in person, The Corner, Dundee)</p>

## Training Calendar for 2025-2026 (cont)

October 2025	November 2025	December 2025
<p><b>Wednesday 29th</b> 9.30am – 12.30pm  <b>Course:</b> Harm Reduction: What You Need to Know (in person, South Ward Road, Dundee)</p> <p><b>Thursday 30th</b> 10:00am – 15:00pm  <b>Course:</b> Young People Online (in person, Murray Royal., Perth)</p>	<p><b>Tuesday 11th</b> 10.00am – 13.00pm  <b>Course:</b> HIV &amp; Hepatitis C: Wise Up, Speak Up, Reach Out (in person, Dudhope Terrace, Dundee)</p>	
January 2026	February 2026	March 2026
<p><b>Thursday 29th</b> 10:00am – 15:00pm  <b>Course:</b> Healthy Relationships, Consent &amp; the Law (in person, Venue TBC, Dundee)</p> <p><b>Tuesday 27th</b> 10.00am – 13.00pm  <b>Course:</b> HIV &amp; Hepatitis C: Wise Up, Speak Up, Reach Out (in person, JM Suite 1&amp;2, Murray Royal, Perth)</p>	<p><b>Wednesday 4th</b> 9.30am – 12.30pm  <b>Course:</b> Harm Reduction: What You Need to Know (in person, JM suite 1&amp;2, Murray Royal, Perth)</p> <p><b>Tuesday 24<sup>th</sup></b> 10:00am – 13:00pm  <b>Course:</b> Conversations and Condoms: It's Not All About Condoms but It's a Good Place to Start (in person, JM suite 3&amp;4, Murray Royal, Perth)</p>	

## SH and BBV Training Available

## Conversations and Condoms: It's Not All About Condoms, but It's a Good Place to Start

**Facilitated by** Graeme Cockburn, Sexual Health & BBV MCN and The Corner

**Method of Delivery** In person

**Course Assessment** Post-evaluation survey

**Max Number of Participants: 20**

### Target Group

- Anyone who is currently working with young people aged 13 to 25 with an interest in increasing engagement around sexual health.
- Organisations wishing to become part of the condom distribution scheme for young people should attend this session.

### Aim

This session will provide the information and skills necessary for you to confidently demonstrate and discuss effective and safe condom use.

### Learning Outcomes

- You will increase understanding of your role within sexual health
- You will have an increased understanding around young people's sexual health and attitudes
- You will feel more confident supporting young people to make informed choices about their sexual health
- You will know how to demonstrate effective condom use
- You will become familiar with the Condom Distribution Scheme for young people

*We hope that by attending this session you will feel comfortable talking about condom use and other related topics, with young people. The information conveyed and skills learned in this session will help you engage with young people on their sexual health and provide you with talking points for discussion during a condom demonstration*

### Frequency

This course will be delivered twice during this programme. **If you'd like to request this training to be delivered bespoke to your organisation, please fill in our bespoke training request form [here](#)**

Dates for the sessions are as follows:

- Tuesday 9<sup>th</sup> September 2025 (Dundee)
- Tuesday 24<sup>th</sup> February 2026 in (Perth)
- All sessions will start at 10.00am and end of approximately 13.00pm

To reserve a place on this course please [click here](#) (please note courses are only available to book up to 3 months in advance)

## HIV & Hepatitis C: Wise Up, Speak Up, Reach Out

<b>Facilitated by</b>	Graeme Cockburn from Sexual Health & BBV MCN & Laura Shepherd Patient Care Coordinator from the HIV service
<b>Method of Delivery</b>	In person
<b>Course Assessment</b>	Post-course survey
<b>Target Group</b>	This session will be relevant to any non-HIV and Hepatitis-specialist staff who are working in the broad fields of; health, social care, housing, local government, community development, community pharmacy, education and the 3rd sector

### **Maximum Number of Participants:** 20

<b>Aim</b>	To increase knowledge and understanding of HIV and related stigma, thus enabling participants to engage confidently, competently, and potentially challenge stigmatising behaviour, in conversations with their client group.
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### **Brief Description**

Blood Borne Viruses continue to play a prominent role in the health profile of Tayside. Whilst there have been a number of exciting developments in BBV care and treatment, the general population are largely unaware of them, leading to negative attitudes and high levels of unnecessary stigma.

The session will provide a brief but comprehensive overview of HIV & Hep C transmission, and how to reduce risk. The session will also explore HIV and related intersectional stigma. We have designed this session to support engagement with your team and service users.

### **Learning Outcomes**

- Participants will be aware of HIV & Hep C and gain greater understanding of them
- Will be able to explain what HIV & Hep C are, how they can be transmitted, and become familiar with current prevention methods
- Participants will gain insight into the experience of living with a blood borne virus, and explore their role in providing practical and meaningful support, reducing stigma around HIV & BBVs and those living with them.

### **Frequency**

This training will be delivered three times during this programme:

- Tuesday 20<sup>th</sup> May 2025 (Angus)
- Tuesday 11<sup>th</sup> November 2025 (Dundee)
- Tuesday 27<sup>th</sup> January 2026 (Perth)
- All sessions run **10.00am until 13.00pm**

To reserve a place on this course please [\*\*click here\*\*](#) (please note courses are only available to book up to 3 months in advance)

## **Healthy Relationships, Consent and the Law: Supporting Young People to Make Positive Choices**

**Facilitated by** Linzi McKerrecher & a co-facilitator from a partnership organisation

**Method of Delivery** In person

**Course Assessment** Post-course survey

**Target Group** Professionals working with young people

**Maximum Number of Participants:** 20

### **Aim**

- To explore the concepts of consent and healthy relationships as they relate to young people, including aspects of the law and ethical approaches to understanding this topic.

### **On completing the training participants will**

- Have increased knowledge and comprehension on consent, the law and healthy relationships
- Have increased knowledge of the Scottish Government resource: "Key Messages for Young People on Healthy Relationships and Consent" and how this can be used to enhance practice.
- Have explored young people's experiences around consent, the law and healthy relationships and gained confidence in applying this knowledge to practice.
- Have more information on resources that can support this work with young people in a group or 1 to 1 setting

### **Frequency**

This course will be delivered twice during this programme:

- Friday 6<sup>th</sup> June 2025 (Angus)
- Thursday 22<sup>nd</sup> or Thursday 29<sup>th</sup> January 2026 (TBC venue and date) (Dundee)
- Both sessions will be 10am until 3pm

To reserve a place on this course please [\*\*click here\*\*](#) (please note courses are only available to book up to 3 months in advance)

## **Young People Online: Sex, Relationships and Technology Training**

**Facilitated by** Linzi McKerrecher & a co-facilitator from a partnership organisation

**Method of Delivery** In person

**Course Assessment** Post-course survey

**Target Group** Professionals working with young people

**Maximum Number of Participants:** 20

### **Aim**

To raise awareness of pornography and technology as it relates to young people, sexual health and relationships

### **On completing the training participants will**

- Have increased knowledge of how young people use technology around sex and relationships and the possible impacts of this
- Have a greater understanding of these issues through the exploration of local and national data
- Be more aware of useful resources, activities and further reading and how these can be used to support young people in group and 1 to 1 situations

### **Frequency**

This training will be delivered twice during this programme:

- Thursday 22<sup>nd</sup> May 2025 (Dundee)
- Thursday 30<sup>th</sup> October 2025 (Perth)
- Both sessions are 10.00am until 15.00pm

To reserve a place on this course please [\*\*click here\*\*](#) (please note courses are only available to book up to 3 months in advance)

## **Harm Reduction: What You Need to Know**

<b>Facilitated by</b>	Hillcrest Futures and Sexual Health & BBV MCN
<b>Method of Delivery</b>	In person
<b>Course Assessment</b>	Post-course survey
<b>Target Group</b>	This session will be relevant to any non-specialist BBV staff, working in the broad fields of; health, social care, housing, community development, community pharmacy, education, recovery and the 3rd sector

**Maximum Number of Participants:** 20

### **Aim**

To enable participants to engage confidently and competently in conversations around BBV transmission, harm reduction interventions and risk reduction with their service users

### **Learning Outcomes**

- Become familiar with injecting equipment, injecting-related risk, and other associated drug related harms
- Identify injection related wounds and complications and signpost to the appropriate service for treatment
- The promotion of naloxone as an effective intervention for the reduction of drug related deaths
- Raise awareness of the variety of methods of BBV testing, available locally in Tayside
- Explore attitudes & language and gain an understanding of stigmatising practice and gender sensitive approaches

### **Brief Description**

In 2022, the Scottish Government introduced the Medication Assisted Treatment standards, a set of standards that aim to enable the consistent delivery of safe, accessible, high-quality drug treatment across Scotland. These are relevant to people and families accessing or in need of services, and health and social care staff responsible for delivery of recovery-oriented systems of care. This session will cover the knowledge required for you to meet and promote the standards around harm reduction

### **Frequency and Venue**

This course will take place three times in the programme:

- Wednesday 28<sup>th</sup> May 2025 (Angus)
- Wednesday 29<sup>th</sup> October 2025 (Dundee)
- Wednesday 4<sup>th</sup> February 2026 (Perth)
- Both sessions will be 9.30am until 12.30pm

To reserve a place please [\*\*click here\*\*](#) (please note courses are only available to book up to 3 months in advance)

# Targeted Training

## Speakeasy Facilitators Training

**Unfortunately, this training will not be delivered this year. If you are a professional who would like to know more about the Speakeeasy programme, or would like to register your interest in becoming trained to deliver this in the future, please contact Linzi McKerrecher at [linzi.mckerrecher@nhs.scot](mailto:linzi.mckerrecher@nhs.scot)**

## Speakeeasy Course for Parents and Carers

**Facilitated by** Speakeeasy Facilitators

**Target Audience** Parents and Carers

**Minimum Number of Participants:** 6

### **Aim**

To help parents and carers of children of any age to tackle the complex and often difficult issues of growing up, sex and relationships. The course provides information, resources and support to enable them to confidently take on the role of educators in their home.

### **Learning Outcome**

By the end of the programme participants will have the skills, knowledge and confidence to support their children around various aspects of growing up in an age-appropriate way.

If you would like to find out more about this please contact **Linzi McKerrecher (Speakeeasy Co-ordinator)** on [linzi.mckerrecher@nhs.scot](mailto:linzi.mckerrecher@nhs.scot)

### **Speakeeasy E-Learning Units: Communicating with children & young people about growing up**

This is a free, online resource for professionals, parents and carers to improve communication with young people about sex, relationships and growing up. There are 3 units in total and a certificate will be issued on the completion of each. Please follow the link [HERE](#) to take part.

More information about the project can be found [here](#) or have a look at our video clip on [YouTube](#).

## **Faculty of Sexual & Reproductive Healthcare (FSRH) Accredited Competencies:**

- Letter of Competence in Intrauterine Techniques (LoC IUT)**
- Letter of Competence in Subdermal Implants (LoC SDI)**

**Please note: The FSRH will change their name to CoSRH (College of Sexual & Reproductive Healthcare) in August 2025**

### **Faculty of Sexual & Reproductive Healthcare (FSRH) accredited competencies**

#### **Facilitated by**

Tayside Sexual & Reproductive Health Service (Ninewells Hospital, Dundee and Drumhar Health Centre, Perth) is an accredited training centre supporting clinicians who wish to obtain the Letter of Competence in Intrauterine Techniques (LoC IUT) and/or Letter of Competence in Subdermal Implants (LoC SDI-IR: insertion and removal). There are also training programmes for insertion only (SDI-IO: insertion only) if required for health professionals working in termination of pregnancy or maternity services.

#### **Target Audience**

Clinicians who already hold the DFSRH or who have passed the electronic Online Theory Assessment (OTA) of the FSRH who wish to obtain Letters of Competence in IUT and SDI: practice nurses, school nurses, family nurse practitioners, midwives, gynaecology nurses, GPs, GP trainees, pharmacists, physician associates, obstetricians & gynaecologists and their trainees etc. Staff working in termination of pregnancy or maternity services who only want to be trained in implant insertion (and not removal etc) (LoC SDI-IO) do not have to pass the OTA.

#### **Aim**

To support practitioners to achieve their Letters of Competence and associated clinical competencies through practice training by faculty registered trainers.

The training involves both theoretical knowledge and practical training. For full information it is advised that you read the Guidance documents and learning outcomes at:  
[www.fsrh.org/education-and-training/](http://www.fsrh.org/education-and-training/)

## Learning Outcomes

- LoC IUT – this programme will enable the learner to hold intrauterine contraception consultations, provide intrauterine contraception competently, and manage any complications or side-effects that may occur.
- LoC SDI-IR/LoC SDI-IO – these programmes will enable the learner to hold subdermal contraceptive implants (SDI) consultations, insert SDIs (LoC SDI-IO) or insert and remove implants competently, manage any complication or side effects that may occur (LoC SDI-IR).

The LoC IUT and LoC SDI are awarded to those who successfully achieve the training. A waiting list is in operation for the practical elements of this training and there may be costs associated with this.

For more information on costs and to register an interest please contact  
[tay.shtraining@nhs.scot](mailto:tay.shtraining@nhs.scot)

## Faculty of Sexual & Reproductive Healthcare (FSRH) Diploma

**Facilitated by** Tayside Sexual & Reproductive Health Service (Ninewells Hospital, Dundee and Drumhar Health Centre, Perth)

### Target Audience

The FSRH Diploma is directed at doctors, nurses, midwives, pharmacists, physician associates or other healthcare professionals who wish to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings. Entry requirements include: registration with a UK medical professional regulatory body with a licence to practise, ability to administer intramuscular and subcutaneous injections and the ability to perform a speculum examination. Full entry requirements detailed at: [www.fsrh.org/Public/Education-and-Training/diploma.aspx](http://www.fsrh.org/Public/Education-and-Training/diploma.aspx)

### Aim

To provide a flexible and tailored training programme to allow the learner to attain the knowledge, attitude and skills required to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

You will be assessed in the following ways to achieve the DFSRH:

1. An online theory assessment (OTA, done on the FSRH website at any stage of the Diploma),

2. Summative clinical assessments (at TSRHS),
3. Independent learning portfolio,
4. An Assessment Half-Day (AHD); delivered (In person or online) by TSRHS or by other SRH services in Scotland and the rest of the UK, ideally towards the end of your training.

## Overall learning outcome of the DFSRH

Learning outcomes include knowledge of:

- Basic Anatomy and Physiology
- Health History and Risk Assessment
- Contraceptive Choices
- Emergency Contraception
- Contraception: Managing Side-effects and Complications of Use
- Planning Pregnancy
- Unintended Pregnancy and Abortion
- Early Pregnancy
- Sexually Transmitted Infections (STIs)
- Needs of Specific Groups
- Adult and Child/Young Person Safeguarding
- Psychosexual medicine
- Cervical Screening

It is advisable to check availability and local waiting times for the Assessment Half-Day and Clinical Assessments before deciding when to embark on DFSRH training.

Training is organised based on local requirements and there are **costs** associated with this.

For more information on costs and to register an interest please contact: **tay.shtraining@nhs.scot**

Further details about the courses can be found [here](#)

## E-Learning Modules

### Health Scotland Virtual Learning Environment

Free courses on health behaviour change, tackling inequalities and brief interventions amongst others. Available [here](#)

## **Scottish Drugs Forum Online Learning**

Free online courses on Hepatitis C and Treatments, Drug Awareness, Overdose Prevention, Intervention and Naloxone, Bacterial Infections and Drug Use, Recovery Outcomes Tool.

Available [here](#)

## **NHS Education Scotland (NES)**

### **Introduction to Sexual Health E-Learning Modules (TURAS)**

NES (NHS Education for Scotland) have developed a set of modules aimed at the non specialist workforce across all agencies. This includes modules on Sexual Health & Relationships, Contraception and Sexually Transmitted Infections.

No matter where you work and who you work with, you can have an impact on other people's sexual health and wellbeing. Sexual health and the relationships they have affect individuals and communities. Whether we have no sex, lots of sex, many sexual partners or just one, our sexual health is important for our wellbeing.

This resource will help you to think about how you can support others in understanding the importance of healthy, respectful, consensual and safe relationships and sexual health.

This resource is for:

- Staff and volunteers working with adults and/or young people across all sectors and all populations.
- Anyone who has an interest in relationships and sexual health and recognises that they may be able to offer support in their role

By engaging with the learning in this resource you should be able to:

- Describe healthy relationships and sexual health using consistent key messages
- Identify opportunities to have positive conversations around healthy relationships and sexual health with individuals and groups
- Identify where to access basic information on healthy relationships and sexual health
- Signpost individuals and groups to appropriate services and resources

Introduction to Sexual Health E-Modules are on TURAS [here](#)

## **Blood Borne Virus**

This NES learning programme provides background information on factors such as transmission, testing, infection progression and treatment regarding selected Blood Borne Viruses. Available [here](#)

## **Gender Based Violence**

*What every health worker needs to know about gender-based violence.* Available [here](#)

## **Domestic Abuse Awareness Training**

This online tool is a learning resource for professionals. It's an awareness-raising resource and serves as an introduction to domestic abuse and coercive control. The tool provides an overview of the main considerations when responding to domestic abuse, however it does **not** replace specialist domestic abuse training. Available [here](#)

## **Trauma Informed Care**

This NES learning programme offers a National Trauma Training Programme. You can access the key trauma training resources from this programme that are openly available to support all members of the Scottish workforce [here](#)

Key Trauma Informed (Practice Level 1) resources can be found [here](#)

Key Trauma Skilled (Practice Level 2) resources can be found [here](#)

**We highly recommend anyone attending our training courses to have completed the relevant modules from the National Trauma Training Programme.**

## **E-Learning for Healthcare (E-LfH)**

Programme developed by Health Education England, NHS and professional bodies to educate the health and social care workforce. To access e-LfH programmes, you will require an E-LfH account or an Athens account. Among others, they offer courses in the following subjects:

- *Sexual & Reproductive Health* - available [here](#)
- *Sexual Health and HIV* - available [here](#)
- *Female Genital Mutilation* - available [here](#)

# Sexual and Reproductive Health

## eLearning module launch – Primary Care

- Developed in collaboration with sexual health experts to assist registered practitioners to deliver effective and supportive person-centred care to
- individuals seeking sexual health care.
- To access the eLearning module go to the General Practice Nursing Education Turas page.

### **Target Audience:**

For all registered practitioners at all levels.

Due to the content this eLearning module will be available to GPNs, ANPs, Pharmacy, GPs, GP trainees, FY1, FY2 and all adult nurses

### **This fully funded education includes:**

- Sexual health care
- Sexual history taking
- Contraception
- STIs
- Sexual health
- Sexual health and technology

You must have a **Turas account** to access the eLearning. To register, see the [Turas registration page here](#)



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General Practice Nursing