

Kerry course:

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Applications for both Kerry and Cork to :

Anna Foley, Clerical Officer

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Evaluation testimonials:

'I feel because the quality of the programme, the length of time over four or five months... my comfort level in discussing sex and sexuality with people has increased... [sexuality and sexual health] was normalised for me. So it's not an area I'm afraid to touch on with people' (Female participant, age 43)

'[Name of participant] runs nurse-led smear clinics as part of the [names specialist] service. She educates and counsels patients regarding sexual health in these clinics. As a result of the course her confidence in doing so has increased' (Manager's comment)

**Foundation Programme
in
Sexual Health
Promotion (FPSHP)**

Killarney, Co. KERRY 2020

A comprehensive training programme for health, education, youth and community service providers who wish to develop their confidence, skills and knowledge in the area of sexual health promotion.

The FPSHP has been evaluated by Trinity College Dublin and is funded by the HSE Sexual Health and Crisis Pregnancy Programme. The evaluation, titled "**Capacity Building Impact of the Foundation Programme in Sexual Health Promotion: A Multiple Stakeholder Perspective**" showed a "*positive evaluation of all aspects of the FPSHP and high degrees of satisfaction with the programme overall; participants perceived more supports than obstacles in implementing what was learned and participants doubled the number of sexual health promotion activities they engaged in*" on completion of the course.

The Kerry course facilitated in partnership by: Máire O' Leary (Health Promotion Officer, Health Promotion & Improvement Department, Health and Wellbeing, Cork Kerry Community Healthcare) & Martina O' Sullivan Darcy (Clinical Midwife Manager Sexual Health & STI Service, University Hospital Kerry)

Programme Aim

To enhance participants' capacity to incorporate sexual health promotion into their work through the development of their comfort levels, confidence, knowledge and skills in relation to sexual health.

Content

This programme will look at sexual health promotion holistically throughout the human life-course.

This will be covered under the following headings:

- Sexual Health Promotion in the Irish Context
- Sexual Health - A Life-Course Approach
- Contraception and STIs
- Self-Esteem and Sexual Health
- Sexual Diversity
- Society and Sexual Health
- Irish Law and Sexual Health
- Power and Sex
- Working Safely around Sexual Health
- Project Planning and Needs Assessment
- Facilitating Workshops on Sexual Health

Methodology

The course utilises participatory and experiential methodologies. The focus is on providing opportunities for group work, open discussion and the exploration of participants' personal attitudes and values in relation to sexual health.

Benefit to the Participants' Organisations

- The course fee is currently covered by HSE South Health Promotion and Improvement
- Participants have the opportunity to improve their knowledge, skills and confidence in relation to sexual health work.
- Support will be available to assist participants in the implementation of Sexual Health Promotion within their own organisation on completion of training.
- A sexual health resource library is available to participants to support their work.

Dates (10 days inclusive)

Kerry , Spring 2020:

Day 1& 2 – 11th & 12th February

Day 3&4 – 10th & 11th March

Day 5&6 - 21st & 22nd April

Day 7&8 – 19th & 20th May

Day 9&10 – 16th & 17th June

Closing date for receipt of completed applications: Friday 10th January 2020

Training days run from: 9.30am to 4.30pm

Certification

This course is certified by HSE South Health Promotion and Improvement and endorsed by:

- NMBI Category 1 Approved for Registered Nurses and Midwives.
- Irish Association of Social Workers - Accredited for CPD points—see IASW CPD policy for further details.
- Irish Association of Counselling and Psychotherapy - 60 Hrs attended.

Application Process

The application process is a 2 step process:

- Step 1: Application Form
- Step 2: Telephone interview (*interviews scheduled for 20th & 21st January*)

PLEASE NOTE:

Owing to current resources and the high demand for this course an incomplete application form will prevent the Facilitators from processing the application further.

The FPSHP is targeted in the first instance to HSE personnel and secondly to professionals working within Kerry/ Cork catchment area. Applications received from outside these criteria will be considered on a case-by-case basis.

Hard copies of the application form are available from the Health Promotion Department.

A line manager's signature and contact details must be recorded on the application form. Where the applicant is self-employed, or is the line manager, please indicate this on the application form. The Facilitators will not be in a position to contact applicants to cross-check this information. If left blank the application form will not be processed further.