Talk RSH
Relationships and Sexual Health
Workforce Development Training

Training Programme for 2015/16

Royal Cornwall Hospitals NHS Trust
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**Introduction**

*Healthy relationships and sexual health should be part of your open communication with children and young people.*

If you are a practitioner working with children and young people, you are in the privileged position to proactively offer support, guidance, education, growing up, relationships, and sexual health. It is also likely that you need to respond appropriately and quickly to emerging needs and questions children and young people may have on a range of issues.

Sexual health, in particular contraception and Sexually Transmitted Infections (STIs), can be a fast-moving science. Likewise relationships and sexual health can be areas of extreme complexity for a child or young person and may require specialist intervention. It is not the expectation that every practitioner should be an expert in sexual health. However, all practitioners should have a good understanding of general sexual health needs, risk, and how to access more information and support.

**This training package is designed to help you do that.**

**Who is this training for?**

This training programme is primarily designed for practitioners that work with children and young people; however, there may be topics relevant to those who work with other groups. If you would like further information on if this training is relevant to you, please contact teenagepregnancy@cornwall.gov.uk.

**Core Objectives of the Training Programme**

To support the development of a confident and competent children’s workforce in relation to:

- Promoting the development of healthy, enjoyable relationships and positive sexual health.
- Signposting and supporting young people to access appropriate services.
- Understanding the wider context of relationships and sexual health work including legal, policy, and social context.
- Understanding rights and responsibilities in relation to relationships and sexual health.
- Support and promote partnership working across agencies.
- Understanding the needs and social context of young people’s lives.
• Assessing, referring and managing risk in relation to sexual behaviours and sexual health.
• Supporting families.

**Our Guiding Principles**

Our guiding principles are set out in Cornwall’s Relationships and Sexual Health Best Practice Guidelines. These guidelines have been ratified by the Cornwall and the Isle of Scilly safeguarding children’s board and the Health and Wellbeing and provide guidance to PR actioners across Education, Health and Social care, Youth and Voluntary services. They should be used in conjunction with your own service policies.

**Who delivers the training?**

The Children’s Workforce Sexual Health Training is delivered by a multi-agency training team made up of practitioners and sexual health service providers from:

• Cornwall Council Public Health
• Health Promotion Service
• Brook Cornwall
• Royal Cornwall Hospital Trust

Additional specialist support is provided by:

• CLEAR
• Children in Care Nurses
• YZUP

This means the training programme benefits from the experiences and knowledge of a range of frontline practitioners with day-to-day experience and specialism’s in delivering education, contraception and clinical services to young people across Cornwall. We endeavour to ensure facilitators from at least two agencies deliver each training session so all delegates benefit from this multi-agency approach.

**How to Book**

To book a place on this course or any others that we offer, please log into Social Care Learning & Development online booking system at [https://db.cornwall.gov.uk/sdms](https://db.cornwall.gov.uk/sdms), or register online for a username and password for your organisation.

Please be aware that some modules are available as full or half day to support greater accessibility and participation so please book the training session that is most appropriate to your needs. For more information on this contact [teenagepregnancy@cornwall.gov.uk](mailto:teenagepregnancy@cornwall.gov.uk).
**Training Costs**

All training is currently delivered free of charge to organisations and individual delegates. However please note cancellations may incur a charge (see below). Delegates will also be expected to meet their own travel costs, including parking charges where applicable.

**Cancellation Policy**

Cancellations made less than 5 working days in advance of the training date will incur a charge of £25 to the participant’s organisation. Cancellations on the day/no shows will incur a charge of £50 to the participant’s organisation.

**Parking**

There is no parking available directly outside REACH, Helford House as these spaces are currently reserved, however, parking is available directly opposite REACH at the Women’s Institute (WI), which has a very large car park you can use. They charge £3.00 a day. If no one is in the WI the day you attend you can park there free of charge.

Pay and display parking is available at Hub, Treliske.

**Lunch and refreshments**

Unfortunately we are unable to provide lunch on any of our training. Please come prepared! Tea, Coffee and water will be provided.

**Relationships and Sexual Health Training Overview**

Select the introductory course to gain an overview of working on sexual health topics including; values and attitudes and the law.

Or select an introductory course tailored to your needs, for example you want to deliver the c-card scheme, implement the Brook Sexual Behaviours Traffic Light Tool or you are a parent/carer or work with children in care.

Select modules to learn about specific sexual health topics, increase your knowledge and understanding, and feel more confident in supporting young people on relationships, sexual health and wellbeing.
Pick and Mix Sexual Health Training Modules

Practitioners can apply for as many training modules as necessary in agreement with their line-manager. Some of the training modules are available as a full or half day, this means that the training objectives will be covered but the half day will be streamlined with fewer activities, this is to enable greater choice and participation.

- **Introduction to Sexual Health and Wellbeing**
- **Brook Sexual Behaviours Traffic Light Tool**
- **Speakeasy**
- **C-Card Training**
- **Contraception, Pregnancy and Choices**
- **Delay, Consent and Relationships**
- **Fantasy Vs Reality**
- **HIV, STIs and Sexual Health Services**
- **LGBTQ Inclusive Conversations**
- **Sex, Alcohol and Drugs**
Introduction to Sexual Health and Wellbeing

This course aims to offer participants an introduction to sexual health including implementation of the Brook Traffic Light Tool: sexual behaviours framework.

Suitable for: This training is suitable for anybody working with Children and Young people. *This course provides the foundation for other courses in the programme and should be used as the first point of entry into sexual health training.*

Course Objectives

On successful completion of the module, participants will:

- Understand what is meant by sexual health
- Understand personal and professional value base when working with young people and sexual health.
- Have a basic understanding of the law around sexual behaviour including confidentiality.
- Be familiar with sexual health services and how to effectively support young people’s engagement with services.
- Be able to use the Brook Sexual Behaviours Traffic Light Tool in order to assess healthy and harmful behaviours local procedures.

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<tr>
<td>16th June</td>
<td>REACH, Helford House, May Court</td>
<td>09:30 – 4:30pm</td>
<td>This course replaces the previous two day MASH training and is not recommended for those who have recently completed MASH. If you require support implementing the Brook Traffic Light Tool and have recently attended MASH please see Brook Traffic Light Training <a href="mailto:teenagepregnancy@cornwall.gov.uk">teenagepregnancy@cornwall.gov.uk</a></td>
</tr>
<tr>
<td>13th October</td>
<td>Threemilestone Truro TR4 9LD</td>
<td>9:30 – 4:30pm</td>
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Speakeasy

This course enables parents, carers and school staff to be knowledgeable and confident in talking to children and young people about growing up, body changes, relationships and sex. There is also the option to become an accredited Speakeasy Facilitator and run sessions in your own location.

Suitable for: Primarily aimed at those working with primary school-aged children but relevant for all practitioners and parents wishing to increase their confidence and skills.

Course Objectives:
On successful completion of the module, participants will understand:

- The physical and emotional changes that take place during puberty.
- What sex & relationships education means in the context of family life and your role as a sex educator for your child.
- Skills in identifying and responding to the changing needs of your own children.
- Social and cultural attitudes towards sex and sexuality as it relates to children.
- The different kinds of contraception that are available.
- Sexually transmitted infections and safer sex.
- Safeguarding children and young people from sexual exploitation and abuse.
- Sex and relationship education in schools.

For further information including training dates please contact: Mandy.lancaster@cornwall.nhs.uk
Speakeasy: Relationships and Sex Education for Foster Carers and Children in Care Workforce

This course enables Foster Carers and those with, or working with children and young people in care to acquire the necessary skills, confidence and knowledge to talk positively about relationships, body changes growing up and sex with the children they care for in an age/development appropriate way.

For more information please contact Mandy.Lancaster@Cornwall.NHS.UK

Suitable for: Practitioners and carers working with children and young people in care.

Course Objectives
On successful completion of this module participants will:

- Have increased confidence in responding to children and young people’s questions about Relationships and Sex.
- Understand how personal experience may impact on our values, attitudes and beliefs.
- Understand what RSE is and how to develop an appropriate way of working with Children and Young People in Care on this topic.
- Understand the barriers to delivering RSE to CYPIC and develop strategies to overcome these by creating opportunities to deliver RSE in a care setting.
- Consider how our values, attitudes and beliefs about relationships and sex education (RSE) may impact on our professional practise.
- Consider the impact that culture and media have on children and young people in relation to RSE.

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<td>9.30-4.30 pm</td>
<td>Carew House, Bodmin</td>
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<td>9th June</td>
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<td>Carew House, Bodmin</td>
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<td>7th July</td>
<td>9.30-4.30 pm</td>
<td>The Hub Club, Pool</td>
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<td>8th July</td>
<td>9.30-4.30 pm</td>
<td>The Hub Club, Pool</td>
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<tr>
<td>23rd September</td>
<td>9.30-4.30 pm</td>
<td>Ladock Village Hall</td>
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<tr>
<td>30th September</td>
<td>9.30-4.30 pm</td>
<td>Ladock Village Hall</td>
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<td>3rd November</td>
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<td>New county Hall</td>
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<td>4th November</td>
<td>9.30-4.30 p,</td>
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C-Card Training

This course enables participants to offer young people access to condoms and sexual health information by becoming part of the C-CARD condom distribution scheme.

Suitable for: Anyone wishing to become part of the C-CARD condom distribution scheme either as a registration centre, distribution centre or both.

Course Objectives

This module will:

Enable participants to register and distribute free condoms to young people aged 13 to 25 who are living in Cornwall and Isles of Scilly.

To gain a basic knowledge of Sexually Transmitted Infections (STIs).

To gain a basic understanding of Sex and the Law (SOA 2003) with emphasis on Fraser Guidelines (working with Under 16s).

To understand how to complete the registration and monitoring forms for C-CARD.

To have an understanding and be able to communicate effectively with young people through the C-CARD Registration Process.

To be able to undertake a Condom Demonstration.

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<tr>
<td>23rd June</td>
<td>9:30-2:30 pm</td>
<td>Participants wishing to access this training need to initially provide a signed 'request to join' form indicating their agreement to work under the C-CARD protocols and procedures.</td>
</tr>
<tr>
<td>21st July</td>
<td>9:30-2:30 pm</td>
<td>If you undertake C-CARD training you will be expected to register and/or distribute under the C-CARD scheme. By attending the training you are signing up to the C-CARD processes. <strong>To register for training you will need to book through Health Promotion Service.</strong> <a href="http://www.healthpromcornwall.org/training-programme/young-peoples-sexual-health-promotion-training/">http://www.healthpromcornwall.org/training-programme/young-peoples-sexual-health-promotion-training/</a></td>
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<td>20th October</td>
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<td>17th November</td>
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<td>15th December</td>
<td>9:30-2:30 pm</td>
<td>C-Card training takes place at Health Promotion, Pool.</td>
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Brook Sexual Behaviours Traffic Light Tool

The Brook Sexual Behaviours Traffic Light Tool (TLT) is Cornwall’s agreed sexual behaviours framework for children and young people. This course enables participants to implement the TLT in their practice with children and young people.

Suitable for: Anyone working with children and young people who wish to gain a better understanding of healthy and risky sexual development and behaviours.

Course Objectives:

- To gain basic knowledge of the law relating to sex and children/young people.
- To understand local processes and safeguarding protocols in relation to any identified sexual behaviour risk.
- Explore and understand the effect our own values around sex and sexual behaviour can have on our responses to children/young people.
- To gain an understanding of healthy as well as harmful sexual development and behaviours.
- To increase confidence in embedding relationships and sexual health into any holistic assessment of children and young people's wellbeing.
- Gain knowledge and confidence in the use of the Brook Sexual Behaviours Traffic Light Tool.
- To understand local processes and safeguarding protocols in relation to any identified sexual behaviour risk.

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<tr>
<td>17th July</td>
<td>9:30-12:30 pm</td>
<td>Carridon Council Chamber, Council Offices, Luxtowe House, Greenbank Rd, Liskeard, PL14 3DZ.</td>
<td>Please note that in addition to this open access training there is an offer available for schools: If you work at a school and would like to see about getting your CP/Safeguarding leads (and those of any local feeder or affiliated schools) trained in the use of this tool you may be able to access this special offer for schools where Brook will come to your school at a time of your convenience and run the training as a twilight learning session. There will be no charge for this service. To arrange this please contact Ed Hart - Education and Training Manager, Cornwall Brook <a href="mailto:edward.hart@brook.org.uk">edward.hart@brook.org.uk</a></td>
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<td>16th September</td>
<td>9:30-12:30 pm</td>
<td>REACH, Helford House, May Court Threemilestone Truro TR4 9LD</td>
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Contraception, Pregnancy and Choices

This course aims to provide practitioners working with young people with information and knowledge on issues relating to contraception, teenage pregnancy, and pregnancy choices. This course looks to address myths and explore ways to best support young people on these topics.

Suitable for: All frontline staff and agencies working with children and young people. This course provides an update on teenage pregnancy, current contraception methods available in Cornwall and access to services.

Practitioners accessing this course need to have already completed one of the introductory level modules.

It is recommended that this module is completed in conjunction with HIV, STIs and Sexual Health Services for the best possible understanding and breadth of knowledge.

Course objectives
On completion of this module participants will have knowledge and understanding of:

- The wide range of contraception available and where it can be accessed.
- The Fraser guidelines and confidentiality.
- Factors associated with teenage pregnancy including, outcomes, evidence base and the current local context and rates.
- Where to signpost young people to for contraception, pregnancy testing, advice and support.
- The options and dilemmas associated with unintended pregnancy, young men and women’s rights and the law.
- Ways to explore delaying and planning parenthood with young people.
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<tr>
<td>14\textsuperscript{th} July</td>
<td>REACH, Helford House, May Court Threemilestone Truro TR4 9LD</td>
<td>9.30 - 4.30 pm</td>
<td>This is a new module, much of the information is new but delegates who attended the STI and contraception briefing in 2014 may receive some duplicated information on contraception if they attend this module. You can choose a full or half days training on this topic.</td>
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<tr>
<td>1\textsuperscript{st} December</td>
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<td>9.30 - 12:30 pm</td>
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Delay, Consent and Relationships

This module aims to support practitioners to understand the context of young people’s relationships and sexual health including the pressures and expectations young people face around their sexual health and wellbeing. Practitioners will develop an understanding of consent and healthy relationships, and learn ways to help young people recognise and understand these issues and delay their sexual activity until they are ready.

Suitable for: All frontline staff and agencies working with children and young people.

Practitioners accessing this course need to have already completed one of the introductory level modules.

Course objectives

At the end of this module participants will learn and understand:

- Young people’s sexual health including sexual behaviours, influences and risks.
- The concept of consent, what this means in reality for young people, including the right to give and withdraw their consent, and how to communicate their consent.
- The importance of healthy relationships, recognising abusive relationships and ways to positively promote healthy relationships.
- The importance of good self-esteem and self-worth in improving sexual health outcomes and ways to address this with young people.
- Delay as a strategy in improving young people’s sexual health and delay techniques to support young people.

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<td>20th October</td>
<td>REACH, Helford House, Threemilestone, Truro</td>
<td>9.00 - 4.30 pm</td>
<td>This is a new module. The delay sessions are adapted from Jo Adams delay training with the addition of further activities on consent. Copyright: Jo Adams.</td>
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<td>Additional date</td>
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Fantasy Vs Reality

This Course aims to increase participants’ confidence to address issues of pornography with young people and know how and what resources are available to them to carry out this work.

Suitable for: Practitioners working with children and young people.

Practitioners accessing this course need to have already completed one of the introductory level modules.

Course Objectives:

To explore the impact and influence of pornography on young people’s attitudes to sex, safer sex, their sexual development and relationships.

To enable participants to respond and proactively facilitate discussion in the challenging area of pornography when working with young people about sexual health.

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<td>1st July</td>
<td>REACH, Helford House, May Court Threemilestone Truro TR4 9LD</td>
<td>9:30 – 4:30 pm</td>
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<td>10th November</td>
<td>9:30 – 4:30 pm</td>
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HIV, Sexually Transmitted Infections and Sexual Health Services

This course offers participants an opportunity to update their knowledge around HIV and Sexually Transmitted Infections (STIs) including symptoms, testing and treatment, to learn and experience what it is like to visit the Sexual Health Hub and health promotion, ensuring appropriate support and service access for the young people they work with.

Suitable for: All frontline staff and agencies working with children and young people. This course provides a routine basic update on current contraception and STI information including information about accessing specialist sexual health services.

Practitioners accessing this course need to have already completed one of the introductory level modules.

It is recommended that this module is completed in conjunction with Contraception, Pregnancy and Pregnancy Choices modules for the best possible understanding and breadth of knowledge.

Course objectives
To provide timely information on:

- Current local and national context of young people’s sexual health.
- The symptoms, transmission and treatment of common STIs.
- To dispel common myths.
- Safer sex.
- HIV awareness.
- Sexual Assault Referral Centre.

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<tr>
<td>17th November</td>
<td>The Hub, Peventinnie Lane, RCHT, Truro, TR1 3LJ</td>
<td>9.30-4.30</td>
<td>This training module replaces 2014’s Contraceptive and STI Briefing. You can choose a full or half days training on this topic.</td>
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<tr>
<td>Additional date TBC</td>
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<td>9.30-12:30</td>
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Available as a full or half day training session to meet your needs.
**LGBTQ inclusive conversations**

This course aims to increase participants’ confidence to include LGBTQ specific information in conversations when working with young people.

Participants will acquire the necessary skills and confidence to talk positively about LGBTQ issues in relation to sexual health, relationships and sex in an age appropriate/informative way and be able to challenge where inappropriate language or behaviour used.

**Suitable for:** All frontline staff and agencies working with children and young people.

**Course objectives**

At the end of the module participants will be able to:

- Respond and proactively facilitate discussion when covering LGBTQ issues with young people.
- Communicate effectively with young people about local LGBTQ services.
- Feel confident in challenging homophobia and transphobia effectively.
- Have an overview of the needs of lesbian, gay, bisexual, transgender, questioning, intersex and asexual young people.
- Speak confidentially about support to young people who come out.
- Refer and signpost young people to services where necessary.

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<td>REACH, Helford House, May Court Threemilestone Truro TR4 9LD</td>
<td>9:30 – 1:00 pm</td>
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<td>8th October</td>
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**Sex, Alcohol and Drugs**

This course aims to support practitioners to develop an understanding of a range of sexual health issues for young people associated with alcohol and other drug use. It includes skills and confidence in raising and discussing the issues with young people, providing effective brief advice, as well as signposting to specialist services.

**Suitable for:** any professional engaged in direct work with young people and communities.

**Course objectives**

At the end of the module participants will:

1. Develop awareness of the context in terms of current trends, recent research evidence and national policy.
2. Recognise the links between alcohol, risky behaviour, and sexual health for young people and consider the reasons behind this.
3. Consider the potential risks and consequences associated with alcohol and other drug use.
4. Develop confidence and skills for raising the issue and delivering brief advice and brief interventions to young people around risk-taking behaviour.
5. Identify relevant support and information services and how to signpost and refer appropriately.

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<td>29th October 2015</td>
<td>REACH, Helford House, May Court Threemilestone Truro TR4 9LD</td>
<td>9:30 – 4:30 pm</td>
<td>Please note information on parking.</td>
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<td>29th January 2016</td>
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Other Relevant Training

**Brook Training**
Brook currently offer a range of training opportunities which include:

- **Positive** – Using the Positive HIV resource to highlight issues around HIV
- **TEASE** - Tell Everybody About Sexual Exploitation
- **Education For Choice** – Training on issues relating to abortion and teaching this subject
- **Tackling Homophobia in Schools**

Dates and costs for these sessions will be released throughout the year and these courses can be commissioned for your setting at a cost of £750 per day. To receive information relating to any of these courses please contact cornwall.training@brook.org.uk or call Ed Hart - Education and Training Manager on 07587775218

**Health Promotion Service**
The Kernow King Sex Tape and Resource for professionals working with young people aged 15+. It is a tool designed to create discussion and debate amongst peer groups to dispel myths and addresses gender stereotypes. It enables young people to have open and honest discussions about sexual health topics. The film and resources are available free of charge if you are an organisation in Cornwall or the Isle of Scilly from the Health Promotion service.

For further details please contact 01209 313419 or email hpsadmin@cornwall.nhs.uk

**Twelves Company**

**Domestic Abuse Awareness Training – one day course**
This is an introduction to domestic abuse for all frontline professionals working with individuals and families. The training is set within the wider context of public protection, using many case studies to profile perpetrators and form links across all areas of violent crime to prevent serious harm and homicide.

**ACPO DASH Training – two day course**
This course is made up of the Domestic Abuse Awareness Training on day one. On day two, delegates will examine the methodology and psychology behind each question on a DASH Risk Assessment, and gain context from the answers to inform the level of risk e.g. High, Medium or Standard. It examines the risk management process, including the relevance and importance of legal information sharing and appropriate referrals to Multi Agency Risk Assessment Conferences (MARACs).

Please contact Lucy Westgarth for more information lucy@twelvescompany.co.uk
Further information, guidance and support is available at
www.cornwall.gov.uk/teenagepregnancy