

If our programmes do not reflect your current training needs then please ring or e-mail to arrange for an informal training needs analysis to identify your particular development requirements. We tailor our work to complement your organisational training requirements.

For further information or discussion on

Your or your organisations needs

Please contact 4TS.

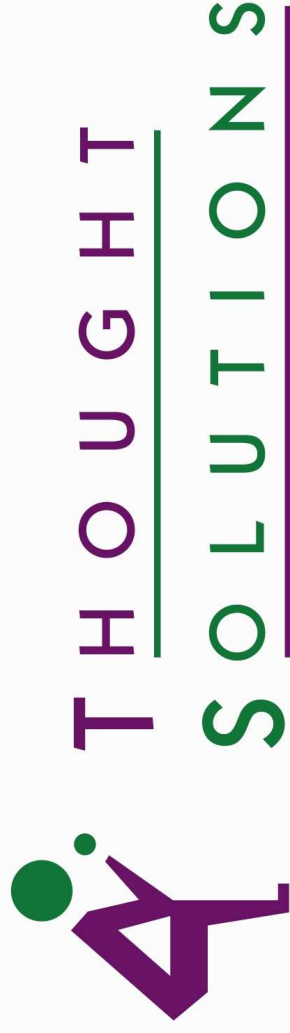
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Sexual Health Matters

Specialist Sexual Health Training
And

Personnel and Service Development



4 Thought Solutions is based in the Northwest region of the UK currently operating in Cheshire and Lancashire areas. We provide specialised training on sexual health matters. We are committed to delivering high quality training in a variety of formats, presentations, in class discussions, workshops through to structured courses or full programmes.

4 Thought Solutions has over 14 years of experience in the field of sexual health. Our objective is to share our knowledge with others who are interested in learning about a range of sexual health matters. Our aim is to achieve this through the provision of learning opportunities for individuals, non-professionals and professionals. Our work is intended to promote the health and well being of young people, to raise awareness of sexual health issues relating to and including:

Contraception, Teenage pregnancy, Condom use, Personal choices, Relationships, Sexually Transmitted Infections and HIV.

Learning is achieved through a mixture of exercises, presentations and group discussions using a variety of media to explore matters relating to sexual health and sexual well being.

If you as an individual, a parent, a teacher, or if you work with young and the not so young people and wish to learn more then try our informative basic sexual health days. These sessions are for any one with an interest in developing their own knowledge and skills in relation to sexual health matters. For organisations who need to develop staff knowledge and skills in sexual health and improve or develop a sexual health service. Then we can help you develop a forward think innovate team to deliver services direct to the community and help meet organisational targets.

Some of the Sexual Health Topics included in our programmes

- Introduction to Sexual Health
- Contraception and sexual health issues
- Sexually Transmitted Diseases
- Blood Bourn Virus – Syphilis and HIV
- Working with Young Men around sexual health
- Working with Young Women around sexual health

- Sexual health awareness and supporting young Teenage parents
- Introduction to skills in sexual health care including communication and relationship building
- Practical skills – promoting sexual health / breast and testicular examination / safe sex / condom - test your skills when under the influence!
- Principles of sexual history taking, examination, specimen collection and processing and giving results

Presentations, workshops and courses are designed to be interactive and informative; the level of delivery will be relevant to those participating. Specialist tutors can be invited to participate in the programmes if a need is identified by the programme commissioner.

The programmes are delivered by personnel with professional experience in a variety of sexual health settings. All personnel involved in delivering the programme have had a Criminal Records Bureau (CRB) check.

Personnel Development Programmes - These programmes explore values, beliefs, skills, capabilities and potential futures. The aim of these programmes is to enable people to identify where they are and where they would like to be

These programmes include:

- Reflective dialogue leading to personal assessment
- Career review and skills resource assessment

Service Development Programmes - Provision of consultancy services for

- Development of sexual Health Services
- Service assessment and development of improvement plan
- Integration of sexual health and family planning services
- Developing services in the community

This leaflet provide a broad outline of what 4 Thought Solutions offers please contact us for further information and discussion. Contact details are overleaf.