



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Foundation Programme in Sexual Health Promotion (FPSHP)

The FPSHP is a 10-day comprehensive capacity building training programme for service providers who want to develop their confidence, skills and knowledge in the area of sexual health promotion, and incorporate sexual health promotion into their work.

Who is the programme for?

The FPSHP is for service providers from the health, education, community and youth sectors who have the *potential* and *capacity* to undertake Sexual Health Promotion within their organisation.

Is the course certified?

The FPSHP has been evaluated by Trinity College Dublin. It is certified by HSE Health Promotion & Improvement and GOSHH and endorsed by:

- The Nursing and Midwifery Board of Ireland Category 1 (35 CEUs)
- Irish Association Social Workers Accredited
- Irish Association Counselling and Psychotherapy 60 hours attended

What is the benefit to participants and their organisations?

Participants will:

- Have the opportunity to improve their knowledge, skills and confidence in relation to sexual health work in their organisation.
- Have access to a Sexual Health Resource Library to support their work in sexual health promotion in their organisation on completion of the programme.
- Receive ongoing updates/newsletters relating to sexual health.
- Be notified of further related training events.

Programme Content

This programme takes a holistic, life-course approach to sexual health promotion. The course content includes:

- Sexual Health Promotion in the Irish Context
- A Life-Course Approach to Sexual Health (Puberty, Fertility, Sexual Function and Dysfunction)
- Physical Sexual Health (Contraception and STIs)
- Self Esteem and Sexual Health
- Sex, Society and Culture (including Diversity and Discrimination)
- Irish Law and Sexual Health (including Power and Sex; Healthy and Unhealthy Relationships)
- Working safely around Sexual Health (including Policy Development and Facilitation Skills)
- Assessing needs and Action Planning

Methodology

The programme 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.

Cost

The programme fee is covered by HSE Health Promotion and Improvement, Health and Wellbeing Division (HSE West).

Duration

The FPSHP is a 10 day course delivered across a 5 month period (2 days per month back to back). Attendance at the 10 days is compulsory for certification. Training days run from: 9.30am to 4.30pm

Course dates

2019

September: Tuesday 17th and Wednesday 18th

October: Tuesday 15th and Wednesday 16th

November: Tuesday 12th and Wednesday 13th

December: Tuesday 10th and Wednesday 11th

2020

January: Tuesday 14th and Wednesday 15th

Training Venue

TBC - Limerick City.

Application Process

Application is a 2-step process comprising an application form and telephone interview (post-closing date.) Application forms must be signed by a line manager as approval to attend the complete programme.

The closing date for receipt of applications is Friday May 3rd 2019.

Please contact maireada.kelly@hse.ie to request an application form or for further queries (061 483 257). Hard copies of the application form are also available on request.

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Evaluation and Testimonials

The evaluation "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.

Evaluation testimonials:

'I feel because the quality of the programme, the length of time, it was 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' (Participant, age 43, female).

'[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).