

# Sexual Health Champions Workshop

## What is a Sexual Health Champion?

*'Sexual Health Champions are people who, with training and support, voluntarily bring their ability to relate to people and their own life experience to transform sexual health and well-being in their communities.'* This quote emphasises the three key aspects of developing and implementing a health champion model to promoting sexual health and well-being:

- Drawing on individual experiences and skills
- Providing key training and ongoing support
- Transforming health opportunities and experiences 'from within' a specific community or network of communities.

## What is this training about?

This training develops a 'Sexual Health Champion' model to promote sexual health through peer support within individual communities, including BAME (Black, Asian, and Minority Ethnic), MSM (Men who have sex with men), People living with and affected by HIV. Effective sexual health outreach involves much more than simply providing accurate and up-to-date information – it means identifying some of the social, cultural and psychological barriers which can make it more difficult to practice safer sex, and devising ways

## Who is it for?

If you're interested in taking the lead on sexual health in your community or workplace, with a view to informing and supporting others, then this training could be for you. The workshop will clarify what sexual health means and give you a good understanding of why it's important. It will also equip you with the skills and knowledge you need to promote good sexual health and talk to individuals and groups about it. This training is appropriate for anyone who might be involved in promoting sexual health in a formal or informal, voluntary or professional context. This might include teachers, youth workers, carers, tutors or mentors, and those working with learning disabilities.

## When and where is it?

Please see our training calendar for dates and venues or contact Grant Chambers.

## What's the cost?

**FREE OF CHARGE** to anyone in all Cambridgeshire Voluntary, Statutory, Not for Profit organisations and anyone to anyone living with or affected by HIV.

***There is a charge for this workshop to*** organisations and individuals outside of Cambridgeshire. The workshop can be designed to meet your needs with a maximum of 15 per workshop. Please contact us with your requirements and we will be able to quote a price.

**Are refreshments provided?** Refreshments are provided. Please check when booking to find out if lunch is provided.

**How do I make a booking?** Contact Grant Chambers: T: 01223 508805 or E: [grant@dhiverse.org.uk](mailto:grant@dhiverse.org.uk)

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