



Leicester  
Sexual  
Health



Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

## Relationships and Sexual Health Education (RSHE)

Autumn 2023 Newsletter

### Hello from Leicester Sexual Health

Hope this Autumn RSHE newsletter finds you well. Here is a quick round up of what is happening and where you can find some useful resources.

- Leaflet resources for supporting your RSHE curriculum can be purchased from [www.fpa.org](http://www.fpa.org) (not expensive) .They also have some specific leaflets for SEN students.
- Additionally they also sell the contraceptives display learning box – approx. £50.00. This is not clinical but because there are visual examples it makes the lesson more interesting and memorable. Young women still visit our services with very little understanding/knowledge of menstruation/fertility and contraceptives.



### Training Opportunities

If you would like to improve your own knowledge of general sexual health and what the local services can offer then you can take the 1 hour free e-learning (certification on completion) this will increase your confidence when talking about these topics.

Level 1- Sexual Health e-learning module - Aimed at practitioners working with young people to enhance their understanding of sexual health and to benefit their delivery to young people.

The learning covers Sexual Health Services and how to access them. Contraception - Sexually Transmitted Infections – Consent & the Law – The C Card condom Scheme- Young People and Sexual Health and information about other relevant services and resources.



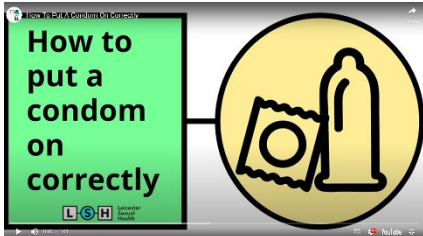
**Access to the training –**

**External link** [000 MPFT Sexual Health Level 1 e-Learning \(msaproxy.net\)](http://000MPFTSexualHealthLevel1e-Learning(msaproxy.net))

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## Contraception Videos & Free Poster Resources

Useful cartoon/animated videos around contraceptives can be found on our website: [leicestersexualhealth.nhs.uk/contraception](http://leicestersexualhealth.nhs.uk/contraception)



You can even download some of our own posters to use as resources for free!  
[leicestersexualhealth.nhs.uk/professionals/resources](http://leicestersexualhealth.nhs.uk/professionals/resources)



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## Useful resources for teaching Online Safety

Don't forget to keep reminding your parents about internet awareness & safety.

The government has had written a guide for parents by the UK Council for Child Internet Safety called Advice on Child Internet Safety 1.0 GOV.UK

[www.assets.publishing.service.gov.uk](http://www.assets.publishing.service.gov.uk)

### Other useful resources;

- [www.childnet.com](http://www.childnet.com): Helpful information and guidance for teachers and professionals including online bullying, social media, grooming, gaming and more.
  - [www.internetmatters.org](http://www.internetmatters.org): Expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.
  - [www.healthforteens.co.uk](http://www.healthforteens.co.uk): Tips for teenagers on their emotions and feelings, growing up, puberty, health, lifestyle, relationships and sexual health.
  - [www.parentzone.org.uk](http://www.parentzone.org.uk): Working to improve outcomes for children in a digital world.
  - [www.nspcc.org.uk](http://www.nspcc.org.uk): Support and tips to help keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.
  - [www.sexeducationforum.org.uk](http://www.sexeducationforum.org.uk): A registered charity working for quality relationships and sex education
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## C-Card free condom scheme

All secondary schools/alternative education/colleges in Leicester, Leicestershire and Rutland are eligible for the free and confidential NHS condom scheme, C-Card.

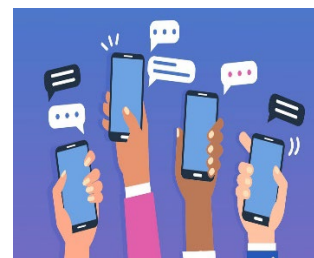
If you are not running the scheme and are interested in joining, please email Alison at [Alison.spooner@mpft.nhs.uk](mailto:Alison.spooner@mpft.nhs.uk) to discuss further.



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## NHS - School Nurse Chat Health Text Service

Young People aged 11-19 text 07520 615386. Available 9am-5pm every week day. Responded to by a school nurse within 24 hours. Totally confidential service unless there is an identified risk of safety to the person texting or others.



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## World AIDS Day – 1st December

December 1st is also known as World AIDS Day.

This could be a great opportunity to discuss world health inequalities, the differences between HIV and AIDS, myths and stigma, safe sex, as well as reminding students that in the UK, HIV is now a well-treated and managed illness that is no longer life threatening.

If managed well the virus becomes undetectable and un-transmittable. For more information on HIV and AIDS, visit [Brook Charity](#).



UNDETECTABLE = UNTRANSMITTABLE

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## How can users access our service?

Our Leicester, Leicestershire and Rutland sexual health services are offering a mixture of face-to-face, telephone, video and online services. ***These services are still appointment-only, with no queue and wait clinics available.***

Service users are able to book an appointment in any of the following ways:



**[Book online](#)** on our website



**Call us on 0300 124 0102**



**Book via our kiosks at [Haymarket Health](#) or [Loughborough](#)**

*Appointments are released **48 hours** in advance. There will be the availability of same-day appointments to support service users who are unable to access the service online or via the telephone, and support those who are vulnerable and/or high risk e.g. 18s and under, MSM, homeless, ethnic minorities etc.*

For more information, visit <https://leicestersexualhealth.nhs.uk/leicester-sexual-health/coronavirus-clinic-changes>



**Leicester Sexual Health**

0300 124 0102

[leicestersexualhealth.nhs.uk](https://leicestersexualhealth.nhs.uk)

For more information on anything within this newsletter, or if you'd like to see anything included. If we can be of any additional support, staff training, more specific resources etc. please email [Julie.Eason@mpft.nhs.uk](mailto:Julie.Eason@mpft.nhs.uk)

If you do not wish to receive Relationships and Sexual Health Education (RSHE) newsletters from Leicester Sexual Health, please respond to this email saying 'unsubscribe' in the body of the email.

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Midlands Partnership Foundation NHS Trust Providing Sexual Health Services in Leicester, Leicestershire and Rutland.  
Services commissioned by Leicester City and Leicestershire and Rutland County Councils.