

# Relationships & Sexual Health Education (RSHE)

The latest RSHE information from Leicester Sexual Health

**Winter 2025**

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## Leicestershire and Rutland Services Update & Consultation Survey

Your Leicestershire County and Rutland sexual health services are changing.

As of 1st April 2025, Leicestershire County and Rutland sexual health services will be run by HCRG Care Group. Further information around this change will follow in the coming months.

### Have Your Say!

As part of this change, we are launching a brand-new look for Leicester Sexual Health, including a new website. We are running a consultation survey to get feedback on our plans, and we'd like your help!

The aim of the consultation is to allow staff, stakeholders and people that use our services to have their say, ensuring the look of our service and functionality of our website resonates with those that use it most.

**We WILL be changing** our logo, colours and fonts, as well as the usability and accessibility of our website. This means any materials you have seen of our service, such as posters, leaflets and email templates, will also be changing.

**We WILL NOT be changing** our service or what we offer in clinic. We are still the same service you know and trust, just with a refreshed and modernised look. This means we will not be changing our service name "Leicester Sexual Health" or our web address "www.leicestersexualhealth.nhs.uk".

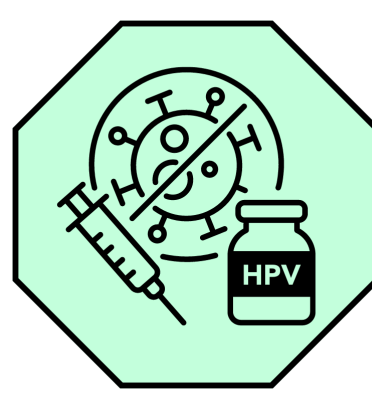
If you'd like to take part in our consultation, please take our short survey\*:

[Take the Survey](#)

(\* The consultation survey closes 24th January 11:59PM.

## HPV Vaccination Survey

The campaign to improve uptake of the HPV vaccination continues. As part of this, University of Leicester are undertaking a research project to understand the role secondary school teachers play in the school-based HPV immunisation programme. The 'Comprehensive HPV Literacy & Communication Model' is an anonymous survey that should take around 15-20 minutes to complete.



[Take the Survey](#)

## Training & Support for RSHE Delivery

If you need support with delivery of RSHE subjects, we can offer secondary school teachers training and support with a variety of topics:

- Sexual health updates for teachers / staff
- Free Level 1 non-clinical e-Learning (see below)
- Contraceptive box training
- C-Card



We will also work with schools to liaise with / complement the school nursing service with events such as health fairs and school assemblies.

Additionally, we can support schools with resources such as posters on RSHE topics. To arrange any support with training and/or resources, you can contact me via email to arrange a discussion: [julie.eason@mpft.nhs.uk](mailto:julie.eason@mpft.nhs.uk)

## C-Card Scheme Update

### Calling all local schools and colleges!

The C-Card team is keen to promote awareness of the scheme offering free condoms and sexual health information to young people and adults in Leicester, Leicestershire and Rutland. The Scheme is delivered by trained practitioners in over 150 venues locally, including pharmacies, schools and youth services.



Our approach embeds the importance of delaying sex until young people feel ready and without pressure. We always stress the C-Card has no expiry date, and the products within the pack have long expiry dates (often several years). Along with Julie Eason's offer of RSE training for teachers, the C-Card team offers:

- C-Card training for staff, including best practice when working with under 16s
- Delivery of termly on-site registration events for students in Years 11 to 13. Registration is offered as entirely optional to students and allows them to use their C-Card at local pharmacy venues. We can offer a presentation ahead of the registration event which highlights key messages.
- We also have supplies of condoms for demonstration use in RSHE which we offer to complement awareness and delivery of the C-Card.

For more information about training or to book a registration event, please contact the team: [LLRCCard@mpft.nhs.uk](mailto:LLRCCard@mpft.nhs.uk)

## Contraceptives Training Boxes & FPA Resources

Do you need resources to support your RSHE curriculum? The FPA has some useful literature [available to purchase](#) direct from their website, including some specific leaflets for SEN students.



We also have Contraceptives Display Kits available to borrow, containing excellent visual examples to help make your lessons interesting and engaging. Young people still visit our services with very little understanding or knowledge of menstruation, fertility and contraception.



If you'd like to borrow a Contraceptive Display Kit, contact the team [via email](#).

## Young People's Poll (Sex Education Forum)

A 2024 nationwide poll by the Sex Education Forum of young people's experiences of RSHE in schools shows quality is improving, but there is a lack of consistent inclusivity driving many to online sources for information.



The survey had 1,001 participants, and 50% of young people said their RSE was good or very good.

Respondents gave highest priority to the survey 'Provide training for teachers so they can develop more confidence with RSE', with 57% selecting this option.

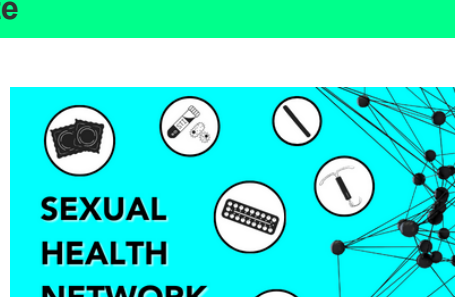
To read more about the results and to download the full report, visit the [Sex Education Forum](#) website.

## Network and Training Event – Save the Date

Save the date: **Thursday 13th March 2025!**

### SEXUAL HEALTH NETWORK EVENT

The aim of the SHN event is to keep professionals informed of sexual health service developments, sexual health promotion and clinical training opportunities and networking events.



This twice-yearly event brings together practitioners with a special interest in sexual health from across the three localities, Leicester, Leicestershire & Rutland (LLR) to share best practice, participate in workshops with networking opportunities. The event is aimed at those with an interest in extending and updating their Level 1-2 knowledge but practitioners from all levels will benefit from this event.

Further information on venue, times and agenda will be updated on the [Professionals section of our website](#).

## Sexual Health Level 1 e-Learning Course

Would you like to improve your general sexual health knowledge? We offer a free 1-hour e-Learning module to help increase your confidence when talking about these topics. The Level 1 Sexual Health e-Learning course is aimed at practitioners working with young people to enhance their understanding of sexual health and to benefit their delivery of services.

The learning covers the range of sexual health services available and how to access them, including:

- Contraception methods
- Sexually transmitted infections (STIs)
- Consent and the law
- The C-Card condom scheme
- Info on other relevant services and resources



Free Level 1 e-Learning Course

You will receive a certificate of completion once you complete the course.

[Access the Training](#)



For more information on anything within this newsletter, please email: [SexualHealthComms@mpft.nhs.uk](mailto:SexualHealthComms@mpft.nhs.uk)

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