

BROOK AND bSHaW

Working as part of Buckinghamshire's
integrated sexual health and
wellbeing service



bSHaW

bucks sexual health and wellbeing



brook

BROOK COMES TO BUCKINGHAMSHIRE

For almost 60 years Brook has been empowering people to take control of their sexual health. Each year we support hundreds of thousands of people through our unique combination of clinical services, education and wellbeing programmes, training and advocacy work.

We are proud to announce that we will now be bringing our expertise to Buckinghamshire. From 1 April 2023 Brook will be joining bSHaW, Buckinghamshire's integrated sexual health and wellbeing service. Together with Buckinghamshire Healthcare NHS Trust, we will be working to ensure communities can access support and self-manage their own sexual and reproductive health in an effective and holistic way.

Here you will find details of the services we are providing throughout Buckinghamshire, including

- sexual health promotion and prevention
- professionals training
- one-to-one and community support

For more information on how we can support your organisation or school with an event, workshop, training or referral please contact us at: bucks@brook.org.uk



TARGETED AND COMMUNITY SUPPORT

Brook delivers targeted programmes in a range of formats to support service users in a variety of communities. Through these programmes, we explore specific topics in detail, using informal education techniques and small group work. Sessions can include activities, reflective exercises, presentations, handouts, films, storytelling, and conversations with Brook staff.

These sessions are aimed at service users and organisations working with the following groups:

- Disabled people, including those with special educational needs and learning disabilities
- People affected by domestic abuse
- People for whom English is an additional language
- Asylum seekers
- Homeless people
- Young people in care and care leavers
- Sex workers

ONE-TO-ONE SUPPORT

Brook offers one-to-one support to both adults and young people. Our support consists of an early help programme which aims to empower people to improve their own health and wellbeing.

For adults, (18+) we provide bespoke, responsive and needs led provision which could include:

- supporting individuals to make decisions about their health and wellbeing
- making referrals to other services where relevant
- provide ongoing engagement via a support plan. This could be a short term intervention or a longer term package of support.

Brook also offers a one-to-one support programme specifically for young people aged 11-18 called My Life.

People are referred based on agreed criteria: covering poor sexual health outcomes, gender and sexuality, healthy relationships and pregnancy choices. Once a referral has been made, we then deliver short programme (4-6 weeks) tailored to meet specific needs of the person.

To refer someone to our one-to-one support programme, please complete the appropriate form below:

[My Life referral form for young people aged 11 to 18](#)

[Adult referral form for people aged 18+](#)

SUPPORT FOR PEOPLE LIVING WITH HIV

Working with our partner Positively UK, Brook offers a needs-led, one-to-one and small group support package for people living with HIV.

Structured one-to-one interventions will provide practical examples of how to exercise agency, self-advocate and actively engage in care.

Education and Wellbeing Specialists will support individuals referred into the service and provide bespoke, responsive and needs led provision which could include:

- in-person or digital engagement
- Signposting to individuals, families and other professionals
- Referral to other services where relevant
- one-to-one support and drop in opportunities
- ongoing engagement and support via a support plan. This could be a short term intervention or a longer term package of support.
- peer support network via Community Champions (see page 5)

SEXUAL HEALTH PROMOTION AND PREVENTION

Brook can attend events to provide information, guidance and advice on sexual and reproductive health, HIV prevention, and signposting to local services.

As part of this health promotion and outreach work at these events, we can also provide point of care testing, chlamydia and gonorrhoea screening and condom distribution.

Our holistic approach to health promotion and outreach provision is designed to meet the needs of the different audiences, including minority and at-risk groups, and

provide consistent key messaging about sexual health and wellbeing.

We can provide outreach at a range of different events and venues including:

- community organisations
- community services
- college event days
- university freshers fairs
- youth groups
- organisation specific health promotion session

VOLUNTEER OPPORTUNITIES

Community Champions

Community Champions work with Brook to communicate and cascade positive sexual and reproductive health messages throughout their local communities. They assist individuals to access a range of sexual health and wellbeing services, empowering them to take responsibility for their own health needs.

People can sign up to become a Community Champion through the [Brook website](#)

Young Health Champions

This is an accredited, guided learning programme for young people aged 18+ that involves completing 4 units of study with a Level 2 Award from Royal Society of Public Health.

This course is ideal for young people with an interest in sexual health and wellbeing. The course will be delivered by Brook Education and Wellbeing Specialists, through both online and face to face sessions, and participants will be assessed based on a workbook or a portfolio.

If you are interested in offering the Young Health Champions programme within your organisation, please email bucks@brook.org.uk



PROFESSIONAL TRAINING

Wider workforce

Brook offers training on diverse range of sexual health topics for professionals working in community services. Subjects currently on offer include:

- Consent and managing disclosures of sexual violence
- Pornography and youth produced sexual imagery
- Exploring masculinity and tackling misogyny
- Sexual health information, empowerment, learning and development (SHEILD)
- Consent, sex and the law: training professionals
- Supporting and Including LGBT+ people
- Health inequalities within women's HIV diagnosis and treatment
- Health inequalities within women's reproductive healthcare

School Training

Our school training sessions offer guidance on a range of prominent topics that aim to support school staff to work with children and young people. Our training is open to school leaders, PSHE leads and wider school staff, and covers a range of topics including:

- Creating a safe learning environment
- Teaching consent and managing disclosures of sexual violence
- Managing difficult questions and sensitive issues in relationships and sex education (RSE)
- RSE and LGBT+ inclusivity
- Inclusive RSE for neurodivergent young people
- Exploring masculinity and tackling misogyny

Webinars

These one hour long webinars are designed to provide professionals with information, advice and guidance. We have 3 webinars available:

- Readiness for sex
- STIs and contraception
- Youth produced sexual imagery

[Register here](#) for our online, open access professional training and webinars, or email bucks@brook.org.uk to book in-house training

CONDOM DISTRIBUTION AND C-CARD

Brook runs Buckinghamshire's C-Card scheme, through which young people can access free condoms. The scheme is open to young people aged 13-24, and once they have registered for C-Card, they will be able to get free condoms and lube from various outlets throughout the county.

how to provide C-Card registration and distribution services to young people.

We also offer assemblies and briefings in education settings such as schools, colleges and universities to promote C-Card and other services

Brook can deliver training sessions to outlets across Buckinghamshire on

[Register here](#) for our online, open access C-Card training, or email bucks@brook.org.uk to book in-house training

RSE AT HOME

RSE at Home with Brook is our series specially created for parents and carers who want to further support their children's relationships and sex education at home. Brook expert staff use their knowledge and experience to give you support on how to address potentially tricky topics at home.

There are many factors which affect how we parent for example our own family values, how we were raised, our life experiences. There is not one way to have these conversations nor is there one way of parenting – we are all different and have different experiences. You know your child best and this will shape the way you have these conversations.

These live, interactive sessions will be delivered online either via Zoom or Facebook



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