

# Professionals Training Brochure

The Terrence Higgins Trust is the UK's leading HIV and sexual health charity. We support people living with HIV and amplify their voices, and help the people using our services to achieve good sexual health.

Locally THT work as partners within the Essex Sexual Health Service and Thurrock Sexual Health Service providing free professionals and community training and education sessions.

Contact: [essex@tht.org.uk](mailto:essex@tht.org.uk) or call 07552 612603



# HIV Today

There are an estimated 105,200 people living with HIV in the UK.

This training programme is designed to update professionals basic knowledge surrounding HIV. This programme is suitable for anyone that works with the general public, or anyone that has an interest to learn more about HIV.

*'HIV Today'* addresses the stigmas that surround HIV and impact those that live with the virus, as well as covering the effects of HIV, HIV transmission, HIV testing and treatment. This session also provides information about accessing local sexual health services.

Session Length: 2 hours 30 minutes

Session type: Face to Face or Online (via Zoom)

Booking: <https://tinyurl.com/thtessextraining>

Further information: [essex@tht.org.uk](mailto:essex@tht.org.uk)

Available to: Professionals in Essex & Thurrock

# An Introduction to Sexual Health

Sexual Health is a subject which can be hard to address with the communities we support.

*'An Introduction to Sexual Health'* is designed as a whistle stop tour of sexual health subjects which aims to increase the knowledge and confidence of anyone that works with the general public, or anyone that has an interest to learn more about Sexual Health.

This session looks at Consent, Sexuality & Gender, Sexuality Transmitted Infections and Contraception. The session also provides information about accessing local sexual health services.

Session length: 2 hours 30 minutes

Session type: Face to Face or Online (via Zoom)

Booking: <https://tinyurl.com/thtessextraining>

Further information: [essex@tht.org.uk](mailto:essex@tht.org.uk)

Available to: Professionals in Essex & Thurrock

# LGBT+ Inclusivity

All individuals should feel confident and comfortable in their workplace and in the services they access, regardless of their sexuality or gender.

The aim of '*LGBT+ Inclusivity*' is to allow individuals and professionals to reflect on their day to day practises and procedures to ensure that the services they are providing are inclusive of all genders and sexuality's. This programme explores different language and terminology, as well taking a closer look at some of the assumptions and stereotyping relating to LGBT+ people and how this can negatively affect both the workplace environment and people that access the service. This session also provides information about accessing local sexual health services.

Session Length: 2 hours 30 minutes

Session type: Face to Face and Online (via Zoom)

Booking: <https://tinyurl.com/thtessextraining>

Further information: [essex@tht.org.uk](mailto:essex@tht.org.uk)

Available to: Professionals in Thurrock Only

# PrEPared for PrEP

Today there are more preventative methods to stop HIV transmission than ever before.

'*PrEPared for PrEP*' is a short, bite sized overview of one of the most recently available drugs that can be used by HIV negative people to dramatically reduce the chances of a HIV transmission taking place.

PrEP is now freely available through local sexual health services and this session is ideal for those that are thinking of starting on PrEP themselves, or might be signposting others, such as those that they support through their professional services. This session also provides information about accessing local services.

Session Length: 30 minutes

Session type: Online only (via Zoom)

Booking: <https://tinyurl.com/thtessextraining>

Further information: [essex@tht.org.uk](mailto:essex@tht.org.uk)

Available to: Community Members and Professionals in Essex & Thurrock

# Chemsex Awareness

This short training session provides an introduction into sexualised substance misuse by gay, bisexual and other men that have sex with men (MSM). This session will explore what chemsex is, motivations for engaging in chemsex, risks and harm reduction, and where and how to access support.

This course is designed for anyone who wishes to improve their knowledge on chemsex or people that support those that may be engaging in chemsex.

Session length: 2 hours

Session type: Online only (via Zoom)

Booking: <https://tinyurl.com/thtessextraining>

Further information: [essex@tht.org.uk](mailto:essex@tht.org.uk)

Available to: Community Members and Professionals in Essex & Thurrock

# Community

## HIV Awareness

Our communities understanding of HIV and those it effects has an impact on the Stigma that still surrounds the virus and, in turn, peoples confidence to access testing and support services.

'*Community HIV Awareness*' provides a short tour of the effects of HIV, how testing and treatment have advanced over the years and how HIV can and can't be passed from one person to another.

This session also provides information on accessing local services and support for HIV and Sexual Health issues.

Session Length: 60 minutes

Session type: Face to Face or Online (via Zoom)

Booking: contact us directly at [essex@tht.org.uk](mailto:essex@tht.org.uk) or call 07552 612603

Available to: Community Groups in Essex & Thurrock

# How to Book

Our professionals training sessions are held on a regular basis with dates and booking available on our Eventbrite page:

<https://tinyurl.com/thtessextraining>

To enquire about or book a community HIV Awareness session please contact us directly at: [essex@tht.org.uk](mailto:essex@tht.org.uk)

## In House Training

Terrence Higgins Trust are also able to offer 'In House' versions of the professionals training programmes 'HIV Today' and 'An Introduction to Sexual Health' for organisations working in the Essex and Thurrock areas.

Times and content of these sessions can be adapted to fit around your teams schedule or be delivered as part of a team meeting. We ask that a minimum of 5 professionals be in attendance for any sessions you wish to book.

To enquire about or book a 'In House' session please contact us directly at: [essex@tht.org.uk](mailto:essex@tht.org.uk) or call 07552 612603

Please note: All training sessions are currently held online using the platform 'Zoom'.  
Joining details will be sent to those booked to attend ahead of the session date.