

axess contraception briefing Why do we need to talk about it?

axess sexual health outreach team are offering a 'lunch & learn' contraception briefing for professionals working with vulnerable groups

To support professionals working with vulnerable groups this presentation aims to increase confidence, knowledge and skills to help initiate intimate conversations around sexual health and contraception.

Aims of the briefing

This briefing will include a short zoom presentation aiming to expand knowledge and highlight the importance of talking about contraception and sexual health within your role, covering:

- Contraception and its significance
- The importance of discussing contraception
- How contraception works
- LARC and methods of contraception
- Emergency contraception and other considerations
- Local services and what they offer

At the end of this briefing session you will have gained knowledge and understanding around:

- ✓ The value and importance of contraception
- ✓ The benefits of LARC methods
- ✓ Engaging in conversations around sexual health with discussion points
- ✓ Knowledge around sexually transmitted infections and the importance of testing
- ✓ Using correct terminology and increased knowledge of local services

Upcoming sessions

Date	Time
26 May 2021	1pm-1.30pm
14 September 2021	1pm-1.30pm
8 December 2021	1pm-1.30pm

You only need to plant a seed for a person to start thinking about their future.



To book onto a staff briefing session please email both Hayley.tooley1@nhs.net and Kelly.cartwright3@nhs.net with the date you would like to attend. If you would like a different date please contact us to arrange this.

For further information on sexual health services please visit: