

Westmeath Foundation Programme in

Sexual Health Promotion (FPSHP)

The FPSHP is a 6-day comprehensive capacity building training programme for service providers who want to develop their confidence, skills and knowledge in the area of sexual health promotion, and incorporate sexual health promotion into their work.

**Who is the programme for?**

The FPSHP is for service providers from the health, education, community and youth sectors who have the *potential* and *capacity* to undertake Sexual Health Promotion within their organisation.

**Is the course certified?**

The FPSHP is certified by HSE Health Promotion & Improvement and endorsed by:

* The Nursing and Midwifery Board of Ireland Category 1(35 CEUs)
* Irish Association Counselling and Psychotherapy 60 hours attended

For other registered professions see CORU’s CPD Support Document to demonstrate how the Foundation Programme in Sexual Health Promotion meets CPD requirements under the Code of Professional Conduct and Ethics. www.coru.ie

**What is the benefit to participants and their organisations?**

Participants will:

* Have the opportunity to improve their knowledge, skills and confidence in relation to sexual health work in their organisation.
* Have access to a Sexual Health Resource Library to support their work in Sexual Health Promotion in their organisation on completion of the programme.
* Receive ongoing updates/newsletters relating to Sexual Health.
* Be notified of further related training events.

**Programme Content**

This programme takes a holistic, life-course approach to sexual health promotion. The course content includes:

* Sexual Health Promotion in the Irish Context
* A Life-Course Approach to Sexual and Reproductive Health
* Gender Roles and Stereotypes
* Self Esteem and Sexual Health
* Sex, Society and Culture (including Diversity and Discrimination)
* Sexual Pleasure within Sexual Health Promotion
* Irish Law and Sexual Health (including Power and Control Healthy and Unhealthy Relationships)
* Working safely around Sexual Health (Transferring skills to practice )

**Methodology**

The programme utilises participatory and experiential methodologies. The focus is on providing opportunities for group work, open discussion and the exploration of participants’ personal attitudes and values in relation to sexual health.

**Cost**

The programme fee is covered by HSE Health Promotion and Improvement, Health and Wellbeing Division (HSE Midlands).

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**Duration**

The Foundation Programme in Sexual Health Promotion is a Six day course delivered across a three month period (2 days per month back to back).

**Attendance at all six days is compulsory for certification**.

Day one 9am start remaining training days run from: 9.30am to 4.30pm

**Course dates – All Tuesday’s & Wednesday’s**

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| Sep 30th & Oct 1st 2025 Nov 4th & 5th 2025 Dec 2nd & 3rd 2025 |

**Location**

Athlone Primary Care Centre, Athlone, Co. Westmeath

**Application Process**

Application is a 2-step process comprising an application form and telephone interview (interviews will take place on the week of the 8th of September 2025), times will be arranged with each applicant prior to that

Application forms must be signed by a line manager to confirm approval to attend all six days of the programme.

**The closing date for receipt of applications is the 1st of September 2025**

Hard copies of the application form are also available on request from the Health Promotion & Improvement Office Tullamore contact Kathleen Pardy: 057 93 57828/57800 healthpromotion.midlands@hse.ie Completed applications may be scanned and e-mailed to healthpromotion.midlands@hse.ie or posted to Kathleen Pardy, Health Promotion & Improvement, Floor 2 Scott Building, Midlands Regional Hospital, Tullamore Arden Rd Tullamore R35 NY51 Co Offaly.

Any queries regarding the programme please contact Fiona Gallagher: 086 3801163 or email fiona.gallagher@hse.ie

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**Evaluation and Testimonials from the 10-day FPSHP**

The evaluation “Capacity Building Impact of the Foundation Programme in Sexual Health Promotion: A Multiple Stakeholder Perspective” showed a “*positive evaluation of all aspects of the FPSHP and high degrees of satisfaction with the programme overall; participants perceived more supports than obstacles in implementing what was learned* *and participants doubled the number of sexual health promotion activities they engaged in*” on completion of the course.

**Evaluation testimonials:**

*This course was interesting and engaging and delivered in creative and innovative way. I was challenged*

*to question my current knowledge base and the attitudes, values and beliefs underpinning it. It inspired*

*me to subtly change my practice from waiting for the client to discuss their sexual health to seeing sex*

*and sexuality as part of the whole person and worthy of mention in talking about general health and*

*wellbeing. I highly recommend this course – a motivational learning treat! (Participant comment)*

*‘[name of participant] runs nurse-led smear clinics as part of the [names specialist] service. She educates and counsels patients regarding sexual health in these clinics. As a result of the course her confidence in doing so has increased’ (Manager’s comment)*

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