



“Giving you the advantage”

If you would like to request this in another language or in larger print please contact 01623 499200 or email samanthaw@skillsuk.org

Level 1 Sexual Health Awareness – This course provides you with a basic understanding of what is meant by sexual health and relationships, facts about the reproductive system, information about contraception, HIV and other sexually transmitted infections.

Level 1 and 2 Substance Misuse - These courses provide you with an understanding of why people misuse drugs and encourages you to be aware of your own responses to substance misuse issues. This will lead to you being able to recognise the effects that substance misuse can have on a community.

Level 1, 2 and 3 Health Living/Lifestyles – These courses look at the different factors that affect our health including lifestyles and diet. You will learn about what is needed to stay healthy and how to achieve a balanced diet along with other factors important for health such as exercise, sleep and good hygiene. You will also look at the factors that can have a harmful effect on health including smoking, alcohol and drugs.

For further information regarding costs, location and duration of any of the courses please contact the office on 01623 499200.

Please enquire for costs as there may be funding available to offset all or some of the costs.