

# BHA Sexual Health Improvement Programme

## Who we are?

BHA for Equality is a health and social care charity which exists to challenge and address health and social care inequalities and support individuals, families, and communities to improve their health and well-being.

## What we do?

The Sexual Health Team at BHA work to improve access to education, resources, testing and healthcare services for communities in Greater Manchester.

We deliver free health services in community settings and groups.

## Our Services

BHA offer a variety of sexual health improvement services across Greater Manchester.



### Stalls

Free and confidential 'drop in' advice.



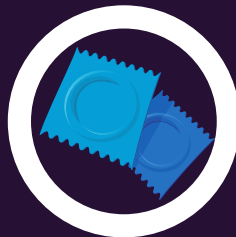
### HIV testing

Rapid tests or at home testing kits available



### Group sessions

Interactive workshops with community groups



### Condom distribution

Free drop off or home delivery service

## We offer advice on:

- Sexual health
- Condoms
- STIs
- Reproductive health
- Menopause
- Healthy relationships
- Sexual health services
- HIV/STI prevention
- Menstrual cycles
- Cervical screenings
- Contraception
- Pleasure and intimacy
- Sex and culture
- Self checking the body

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The PaSH Partnership

Passionate about Sexual Health across Greater Manchester

BHA  
In partnership with  
the Greater Manchester  
Health Foundation

GEORGE  
HOUSE TRUST

LGBT  
foundation

# Group Sessions

## Women's Health

An introductory session that creates a safe space for women to begin to open up and talk about their health. An interactive activity is used to lead the conversation, but the women are free to talk about whatever they wish (Example of some topics covered: self checking the breasts, cervical screenings, mental health, menopause, contraception, culture)

## Contraception

There are 15 types of contraception available in the UK. This session uses a medical contraception display kit to go through all types and discusses benefits

## Hormones and Menopause

A look at how hormones affect our physical and mental health, what happens to the body and mind during menopause and how to manage symptoms

## Infections and Health

This session looks at infections that affect the genitals (STIs, HPV, BV, Thrush), how to get tested and access sexual health services, treatments, and ways to reduce your risk.

## Menstrual cycles and reproductive health

Understanding menstrual cycles and ovulation, family planning, and how to take care of your reproductive health

## Men's Health

A safe space for men to open up about their health. An interactive activity is used to lead the conversation, but the men are free to talk about whatever they wish (Example of some topics covered: self checking the testicles for lumps with demonstration using medical models, prostate screenings, mental health, erectile dysfunction, pornography, culture)