

**sash**



# SASH

## Support and Advice on Sexual Health

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**Team Manager**

# We are SASH

The SASH logo consists of the word "sash" in a bold, lowercase, sans-serif font. The letter "h" is significantly taller than the other letters, with a small white dot above its top bar.The logo for NAZ, featuring the text "NAZ" above the tagline "SEXUAL HEALTH FOR EVERYONE".

## SASH – Support and Advice on Sexual Health

SASH improves residents' sexual health through coaching, counselling, one to one or group support, and by teaming up with other local services.

Our team supports people living with HIV, Black, Asian and minority ethnic (BAME) communities, the LGBT community, young people, sex workers, and more. We can help with any aspect around clients' relationships or sex life including: contraception, sexually transmitted infections, or any aspect of sexuality or gender identity.

**SASH** is a partnership, led by **Turning Point** alongside **NAZ, London Friend, METRO Charity and Marie Stopes UK**; where each organisation brings their own specialisms and expertise, ensuring that anyone who uses our services gets care that is tailored to their needs.

# Our Vision and Aims

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*‘Inspiring positive sexual health and wellbeing within diverse local communities, through delivering culturally specific, holistic information, support and advice services.’*

## **We aim to:**

- Identify and improve on the support for people to make positive choices about their sexual health
- Work in partnership to prioritise prevention and support equitable access across the WCC, RBKC and H&F
- Reduce inequalities to improve sexual and other health outcomes
- Provide health and wellbeing initiatives utilising a care co-ordinated approach
- Promote service user involvement to help shape and develop the service
- Provide information developed by sexual health experts

# How we work

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## Community Engagement

We deliver workshops, drop-ins and attend at community events, to make sure that SASH meets the needs of our local residents. We deliver training and talks to community groups and partner services on a range of sexual health issues, such as consent, contraception or sexually transmitted infections.



## Brief Interventions

We offer 'brief interventions', which are one-off sessions, including:

- Workshops and drop-ins for young people in schools and colleges
- Outreach and education projects in the community to improve sexual health knowledge
- Signposting to other sexual health services across London for testing, contraception, abortion care and other reproductive health services
- Supply of condoms for groups who have a greater risk of infection, such as young people and sex workers

# How we work

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## Care Coordination

Care Coordinator will be the first port of call throughout your SASH journey. Their job is to offer a safe and non-judgemental space that supports to identify what clients' needs are, including sexual health, emotional and physical wellbeing, substance use, education, employment or finances.

## Coaching

Our structured coaching sessions give client time and place to set a SMART goals for sexual health and wellbeing. We'll help to reflect and make changes to clients' everyday habits, to create long and lasting change.

Coach will give a dedicated time to check clients' progress, reflect on successes and challenges and give ideas to make plans to keep moving forward, helping client to stay motivated, inspired and on track.

## Counselling

We offer 'solution-focused' counselling, which means exploring current situation and hopes for the future. Our counsellor will help clients to look forward, by using educational, behavioural and psychotherapeutic techniques.

SASH counselling supports individuals with:

- Therapeutic exploration of sexual health, reproductive health and wellness
- Facilitating changes in behaviour relating to your sexual health and wellness
- Working towards emotional and mental wellbeing goals

# How we work

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## Peer Mentoring and Family Support

Our Peer Mentors are volunteers with lived experience who want to inspire and support those who might be at risk of having poor sexual health.

We also support families with family members living with HIV..

## Complimentary Therapies

- Reflexology
- Holistic Massage

\*\*\* for service users who are actively engaging with SASH – by appointment only\*\*\*

## My TP – online support

**My TP** is an online platform where clients can access different modules that will help them work through their problems.

Modules currently available:

- Mindfulness
- Understand My Drinking
- Reclaim
- Building your self- esteem
- Relaxation

# Our Hubs

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Borough	Address	Opening Times
Westminster	31 Wardour Street W1D 6PT	9am-5.30pm Monday - Friday
Kensington and Chelsea	St Charles Centre for Health and Wellbeing Exmoor Street W10 6DZ	9am-5.30pm Monday - Friday
Hammersmith and Fulham	30 Black's Rd, Hammersmith, W6 9DT	9.30am-5.30pm Monday - Friday

# Referral Pathways

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## Self Referral:

- By calling on **0207 851 2955**
- By emailing **info@SASHlondon.org**

## Referrals from Professionals:

- By completing a short referral form and emailing it to **info@SASHlondon.org**
- By calling on **0207 851 2955**



Any Questions?

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