

Emotional Wellbeing In Intimate Relationships

Working Together



ESRS

Counselling

- solution-focused, using SMART goals to facilitate behavioral and emotional changes

Coaching & Care Co-ordination

- Identifying support and managing SASH journey and care plan. Identifying and supporting people to achieve positive change

Peer Mentoring

- Mentors are volunteers who engage in accredited training provided by SASH

Family Support

- 1-2-1 and family interventions at a SASH site or at client's home

Complementary Therapies

- reflexology, shiatsu massage and holistic massage

Community Engagement

- outreach and in-reach

Youth Engagement

- outreach, in-reach and workshops

Advice & Advocacy

- social welfare support, benefits applications and appeals, accompanying to appointments

Sign-Posting and Referrals

- to additional support services – mental health, substance misuse

Chaperoning

- to clinical assessments

Sex Worker Drop-In Services

- testing, treatment, advocacy and support



Today's Trainer

Kim Loliya

SASH Team Manager

Partnership Lead

Professionals Training Lead

sash



Housekeeping

- Housekeeping
- Group agreements
 - ✓ Confidentiality
 - ✓ Embrace difference
 - ✓ Listen and Learn
 - ✓ Look after yourself
 - ✓ Mobile phones on silent



Learning Outcomes

- **Definitions, meanings and interpretations**
- **Foundations of emotional wellbeing in intimate relationships**
- **Challenges to wellbeing**
- **Five ways to wellbeing applied**
- **Support available**



Definitions

Discuss: how do you define intimate relationships?

Discuss: how to you define emotional wellbeing?



Foundations

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

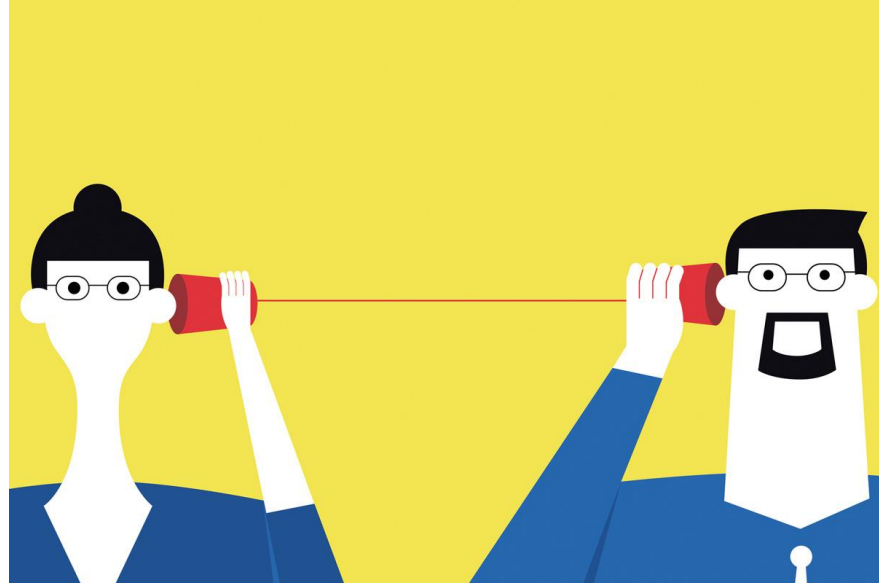
Boundaries: 'defining what you will and will not accept of another person's words or actions'



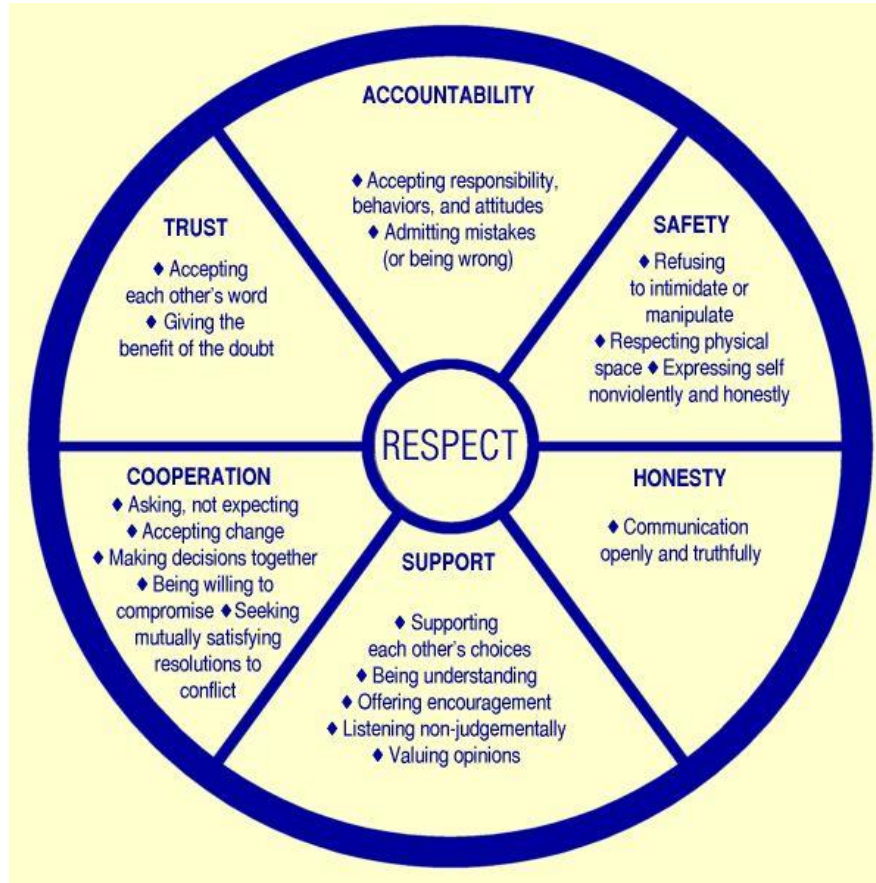
Foundations

Communication

- Empathic listening
- Non-verbal – 60-70%
- Speaking from the 'I'
- Beyond blame
- Self-awareness
- Feelings over stories
- Impact of class/culture/Learning Disability



Foundations



Challenges to Emotional Wellbeing

Personal Challenges

1. Trauma/DV
2. Education
3. Gender/sexuality roles
4. Mental health
5. Physical health
6. Lack of role models/peer group
7. Media/social media
8. Homelessness

Systemic Challenges

1. Stigma
2. Education
3. Siloed vs. holistic
4. Legal/benefit system
5. Lack of person-centred care
6. Media/social media
7. Funding cuts
8. Community development

Any other challenges?



5 Ways To Wellbeing



1:1 Support

Short-Term Interventions

- Key working - flexible sessions on a variety of topics around sex and sexual health
- Telephone/text/email support – e.g. booking clinic appointments, chaperoning, designing action plans

Longer-Term Interventions

- **Coaching:** more structured, weekly sessions working towards desired goals over **12 weeks**. Topics include health and well-being, STI's, harm reduction, MH, consent, LGBTQ+, body image, sexting etc.
- **LD specialism**
- **Counselling:** time-limited solution-focused



Referral Pathways

Self-Referral:

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

Referrals from Professionals:

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



Professionals Training

Interactive and scenario-based, tailored to suit the needs of front-line staff. Knowledge and confidence to **tackle stigma** and have **better conversations**

Courses Available

- ✓ Introduction to Sexual Health (2hr)
- ✓ Sexual Health Awareness (Full-Day)
- ✓ Gender, Sexuality, Relationship Diversity (Half-Day)
- ✓ Bespoke training



Crisis Contact Numbers

Immediate help or support:

- Your GP
- Samaritans (116 123) 24hrs a day, 7 days a week
- CNWL Urgent Advice Helpline (0800 0234 650)
- A&E
- 999 – emergency services



Questions

