



# Men's Health Matters

**Nimbuscare would like to invite healthcare colleagues to this half-day men's health study day regarding Prostate, Sexual Well-Being and Suicide Awareness**

**Tuesday 4<sup>th</sup> November 2025, York Novotel, YO10 4FD  
(free onsite parking & close to major transport links)**

Chaired by Prof Mike Holmes,  
GP Haxby Group, York, Hull & Scarborough, Chair Nimbuscare

With Presentations from:

Jack Woodmans, Menfulness CEO  
Alison Chorlton, Lead Nurse Sexual Health, Sexual Health and HIV Services, York Teaching Hospital NHS Foundation Trust  
Mr Ben Blake-James, Urology Consultant, York and Scarborough Teaching Hospitals NHS Foundation Trust  
Dr Kathy Petersen, GP and Strategic Clinical Lead North East North Cumbria ICB in LD, Neurodivergence & Mental Health and  
Co-Chair RCGP LD Specialist Interest Group

**An E-Certificate of attendance will be issued to all delegates to assist with CPD requirements. Please register confirming any special requirements by contacting [nimbuscare.education@nhs.net](mailto:nimbuscare.education@nhs.net)**

Event supported by ALK, Astra Zeneca, Chiesi, Lupin, Pfizer & TBC through purchase of an exhibition stand. All companies have had no input into the creation of the agenda.

Arrangements made in accordance with the ABPI Code of Practice.

Nimbuscare Limited, Head Office, Acomb Garth Community Care Centre, 2 Oak Rise, York, YO24 4LJ





## Agenda:

### **08.00 - 08.30 Registration, Refreshments & Meet Exhibitors**

08.30 - 09.00 Welcome, Mike Holmes

Plenary - Menfulness, Jack Woodhams

09.00 - 10.00 Improving Sexual Health Outcomes, Alison Chorlton

- Introduction to sexual health services
- Managing sexual health in primary care
- When to refer into sexual health
- Gay & bisexual sex, how to have constructive consultations and what's new in sexual health

10.00 - 11.00 Prostate Guidelines Update, Mr Ben Blake-James

- Incidence and mortality associated with prostate cancer
- Summary of UK guidelines
- 2WW cancer referral criteria
- PSA thresholds for secondary care referral
- Strategies & principles of PSA testing
- Practical advice for PSA testing in primary care

### **11.00 - 11.30 Refreshments & Meet Exhibitors**

11.30 - 12.30 Prescribing for Suicide Prevention, Dr Kathy Petersen

- Suicide prevention services
- How to prescribe safely
- Supporting colleagues to contribute positively to suicide prevention

### **12.30 Meeting Close**

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## Meet the Presenters

**Jack Woodhams**, CEO and Co-founder, Menfulness

Menfulness is a men's social wellbeing group who - through activities and counselling - support and promote improvement in men's lives.

**Alison Chorlton** is a Lead Nurse for Sexual Health and HIV services across York and North Yorkshire, she has been a non-medical prescriber for nearly 20 years, is a qualified coil and contraceptive implant fitter. Alison has worked in Sexual Health services in education, the voluntary sector and NHS sexual health services for 25 years. The last 20 years have been in York and North Yorkshire; she has a passion for nursing development within Sexual Health/HIV and has led the nursing team through significant progression over this time

**Mr Ben Blake-James** is a Consultant Urological Surgeon at York Hospitals NHS Foundation Trust where he practices with a special interest in prostate disease and urological oncology (cancer) diagnosis and treatment. Surgical specialisation includes laparoscopic (keyhole) surgery. Ben qualified MBBS at the Royal Free Medical School in 1995. He completed specialist training in London which led to the award of FRCS(Urol) in 2011 (Fellow of the Royal College of Surgeons). He has extensive experience in a broad variety of urological conditions gained in leading UK hospitals and has also performed a fellowship in cancer and trauma reconstruction at The Alfred Hospital in Australia. He undertook a research degree at The Institute of Urology in London investigating prostate function.

**Dr Kathy Petersen** is GP Partner in Northumberland, and Strategic Clinical Lead for mental health, learning disability and neurodivergence for North East and North Cumbria Integrated Care Board.

Kathy was part of the Core20PLUS Ambassador programme 2023-2024 and she is Co-chair of the special interest group for learning disability for the Royal College of General Practice.

Passions include health inequality, parity of esteem and improving systems of care for all vulnerable people.

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