

**BASHH**



# **An ABC of Sexual Function & Wellbeing**

Celebrating diversity, connection and sexual fulfilment

18<sup>th</sup> September 2026

The Wesley Hotel, 81-103 Euston Road, London, NW1 2E

## Conference Information

Registration will open in the coming months.

Conference Logistics: [bashh-events@moore-insight.com](mailto:bashh-events@moore-insight.com)

Join us for a bold, contemporary study day exploring inclusive approaches to sexual wellbeing – packed with practical insight, expert perspectives, and fresh ways of thinking.

This dynamic and much anticipated event invites you to rethink how we talk about, understand, and support people with sexual concerns. Designed for clinicians who want to move beyond dysfunction and deficit-based models, the day blends expert led plenaries with interactive workshops grounded in practical, real-world and sex-positive care.

Expect thought provoking conversations and evidence informed insights without pathologising difference that reflect the diversity of sexual lives—leaving you better equipped, more confident, and genuinely inspired to enhance both professional confidence and patient care.

**CPD:** CPD is currently pending for this event.

**This meeting has been supported by pharmaceutical companies by way of exhibition stand space and sponsorship which is limited to the funding of educational content of the meeting.**

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## Programme

Time	Session	Speaker
08:30	Registration, lunch & exhibition viewing	
09:15	<b>Opening and Welcome</b>	<b>Shalini Andrews</b>
09:20	<b>Unpacking Sexual Function and Wellbeing – NATSAL 4 Perspectives</b> <i>What population data reveals about sexual diversity, wellbeing and contemporary sexual lives.</i>	<b>Kirstin Mitchell</b>
09:50	<b>Beyond the Missionary Position: Sexual Diversity and Wellbeing</b> <i>Challenging sexual norms and celebrating diversity through a sexpositive wellbeing lens.</i>	<b>Julie Sale</b>
10:20	<b>When Sex Feels Out of Control: Supporting Change without Shame</b> <i>A thoughtful exploration of sexual behaviour change focused on understanding, agency and wellbeing.</i>	<b>Mike Yates</b>
10:50	Refreshment Break	
11:15	<b>Exploring Ejaculatory Diversity: A Sex-Positive Approach</b> <i>A fresh, inclusive exploration of ejaculatory experiences that moves beyond diagnosis to context, meaning, and connection.</i>	<b>Penny Gould</b>
11:45	<b>Breaking the Cycle of Sexual Pain: Pathways to Comfort and Confidence</b> <i>Understanding the patterns that maintain sexual pain and exploring practical ways forward.</i>	<b>Jess Gaddie</b>
12:15	<b>From Core to Confidence: The Pelvic Floor in Sexual Wellness</b> <i>Reframing pelvic floor health as a foundation for pleasure, confidence, and sexual wellbeing.</i>	<b>Sarah Wolujewicz</b>
12:45	Lunch Break	
13:30	<b>Workshop 1</b> <i>Delegates will be advised of their pre-allocated workshop ahead of the event.</i>	<b>See Workshop Section</b>

14:20	<b>Workshop 2</b> <i>Delegates will be advised of their pre-allocated workshop ahead of the event.</i>	<b>See Workshop Section</b>
15:10	Refreshment Break	
15:25	<b>Workshop 3</b> <i>Delegates will be advised of their pre-allocated workshop ahead of the event.</i>	<b>See Workshop Section</b>
16:15	<b>Where Next? Training Pathways in Sexual Function and Wellbeing</b> <i>A clear guide to learning opportunities, training routes and professional development in sexual wellbeing</i>	<b>Kiersten Simmons – Royal Sussex</b>
16:45	<b>Conference close</b>	

## Workshops

Upon registration, please indicate your preferred 3 workshops out of the 4 workshops that are being offered. Please note that your preferred workshops are not guaranteed. Delegates will be advised of their allocation ahead of the event.

<b>Workshop Title</b>	<b>Presenter</b>
<b>Rethinking Sexual Desire: What It Is and Why It Matters</b> <i>Normalising variation in desire and arousal while supporting individuals and couples without blame.</i>	<b>Karen Gurney</b> <b>Jane Ashby</b>
<b>Pleasure Over Performance: Rethinking Erectile Dysfunction</b> <i>Moving beyond performance pressure to confidence, connection, and shared pleasure.</i>	<b>Karl Hollows</b>
<b>Behind Closed Doors: Demystifying Psychosexual Therapy</b> <i>An open look at what really happens in psychosexual therapy—and how it supports change.</i>	<b>Hu Clarke</b> <b>Agnes Mosobela</b>
<b>Getting It On While Getting On</b> <i>Exploring desire, pleasure, and intimacy in later life with curiosity and confidence.</i>	<b>Ali Mears &amp; Suzanne Noble</b>

## Speakers

<b>Shalini Andrews</b>	Shalini is a consultant in Genitourinary and HIV Medicine. She is the Clinical Director of CNWL Sexual Health services in London and Surrey. Her key focus is addressing health inequalities in clinical care provision. She has a special interest in managing sexual dysfunction, especially when associated with sexual infections and HIV. She is the immediate past president of the British Society for Sexual Medicine (BSSM) and chair of the BASHH Sexual Function and Wellbeing Special Interest Group. She is a member of the exam committee of The Multidisciplinary Committee of Sexual Medicine (MJCSM) which sets professional standards in Sexual Medicine in Europe.
<b>Jane Ashby</b>	Biography Pending
<b>Hu Clarke</b>	Biography Pending
<b>Jess Gaddie</b>	Biography Pending
<b>Penny Goold</b>	Biography Pending
<b>Karen Gurney</b>	Biography Pending
<b>Karl Hollows</b>	Biography Pending
<b>Ali Mears</b>	Biography Pending
<b>Kirsten Mitchell</b>	Biography Pending
<b>Agnes Mosobela</b>	Biography Pending
<b>Suzanne Noble</b>	Biography Pending
<b>Julie Sale</b>	Biography Pending
<b>Kiersten Simmons</b>	Kiersten obtained her Medical Degree from Cambridge University in 2008. After her Foundation years, she was fortunate to work in infectious diseases in a rural Ugandan hospital, before volunteering as a doctor for the medical charity MSF (Medecins Sans Frontieres) in Gokwe, Zimbabwe, establishing a primary care HIV test and treat programme. After Internal Medicine training in Brighton, she specialised in HIV and Sexual Health, a career that she loves for the wonderful people that she meets, the brilliant and welcoming interdisciplinary teams she works with, and the forward-thinking, progressive, open, and ambitious attitudes in the clinical and research spheres. She is passionate about using her clinical experience and practice to contribute to advances in research and policy making, particularly in exploring the social determinants of health and health inequity.
<b>Katie Webb</b>	Biography Pending
<b>Sarah Wolujewicz</b>	Biography Pending
<b>Mike Yates</b>	Biography Pending

## Sponsors



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