

BASHH



An ABC of Sexual Function & Wellbeing

Celebrating diversity, connection and sexual fulfilment

18th 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

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.

Programme

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

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

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.

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

Speakers

Shalini Andrews	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.
Jane Ashby	Biography Pending
Hu Clarke	Biography Pending
Jess Gaddie	Biography Pending
Penny Goold	Biography Pending
Karen Gurney	Biography Pending
Karl Hollows	Biography Pending
Ali Mears	Biography Pending
Kirsten Mitchell	Biography Pending
Agnes Mosobela	Biography Pending
Suzanne Noble	Biography Pending
Julie Sale	Biography Pending
Kiersten Simmons	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.
Katie Webb	Biography Pending
Sarah Wolujewicz	Biography Pending
Mike Yates	Biography Pending

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