



**Kerry Wolstenholme**  
**RSHE Specialist | Consultant | Keynote Speaker | Author**

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## ABOUT ME

Experienced youth work consultant with 27+ years in youth and community development, health, and wellbeing. Delivers RSHE training, workshops, and consultancy to schools and organisations across England. Skilled in strategic support, curriculum design, and place-based youth development. Recently commissioned to write RSHE resources for primary and secondary schools. Proven track record of supporting quality youth offers, workforce development, and impactful health education.

## KEY SKILLS

**Outstanding communicator:** experienced keynote speaker, presenter, and trainer

**Curriculum design:** RSHE content for primary & secondary schools

**Youth voice advocate:** participatory approaches and place-based transformation

**Digital content:** social media campaigns, online delivery, and resource design

**Trusted media contributor:** clear, relatable voice on youth & relationships issues

## MEDIA & SPEAKING

**Keynote Speaker** – Public Policy Exchange: Student Wellbeing & Sexual Harassment

**BBC News** – Interview: “How to talk to your child about sex”

**BBC Radio** – Interview: Compulsory Sex Ed

**Instagram Live Host** – JKP Books for RSE Day

**Panel Member** – Eve Appeal: Know Your Body Resource

## AUTHOR:

*Relationships, Sex and Health Education 101*

Published by: Jessica Kingsley Publishers (Hachette), 2022

ISBN: 9781787758537

*Behind Every Strong Girl is a Strong Girls Group: Practical Activities for Empowering Girls in Schools and Communities*

Published by: Taylor & Francis Group (Informa UK Ltd), coming 2026

ISBN (HB): 9781041249566 | ISBN (PB): 9781041249542 | ISBN (EB): 9781003744405

## PROFESSIONAL MEMBERSHIPS

- Member of the **Royal Society for Public Health (AMRSPH)**
- Member of the **Sex Education Forum**
- Member of **Women in Journalism**

## WORK EXPERIENCE

### **Freelance 2011 – Present**

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#### **Current Projects**

- RSHE Consultant for Tameside MBC
- RSHE Workshops – Schools and community settings across England
- Training– Delivering bespoke training for Youth work and RSHE

#### **Previous Freelance Projects**

- Youth Work Consultancy– Supporting collaborative, place-based youth work in North Birkenhead
- Youth Work Quality Assurance – For funded youth provision in Liverpool/Chester
- Contextual Safeguarding Training – Youth Workers (North and East Manchester)
- Youth Work Training – This is Youth Work 6 Week Course (Right to Succeed)
- Tutor/Assessor – Level 3 Youth Work and EAT (The Training Brokers)
- Product Manager - Curriculum and course design for website online training (The Training Brokers)
- Youth Events and Projects – FC United of Manchester
- Social Influencer Management – Laurieelle.com
- Toolkit Author – Community Radio (Radio Regen)
- Youth Violence Media Projects – Home Office
- Young Men’s Engagement in Health Services – Project Manager
- Media Projects for Young People – Media Trust
- Resource Design & Online Mentoring – Beatbullying
- SRE Support – Film Club NW Pilot (Department of Health)
- Freelance Educator – Teens and Toddlers, The Artemis Network
- Awarded – Excellent Award for Media Work with Young People (Noise Festival 2014)

### **Director – Tough Cookies Education Ltd/ Tough Cookies Ed CIC**

#### **February 2015 – February 2023**

- RSHE Delivery Partner – Eve Appeal
- RSHE Resource Author – Oldham MBC
- RSHE Programme Delivery – Oldham (Standing Together Grant)
- RSHE Training & Consultancy – For schools and organisations (Public Health)
- Curriculum Writer – Primary and secondary RSHE resources (Public Health)
- Online Content Lead – RSHE (Big Life Project)
- Campaign Lead – Christmas Safe Sex (Tameside Public Health)
- RSHE Programme Delivery – Greater Manchester (Teenage Pregnancy Fund)
- Healthy Relationships Education – Delivered in 10 Secondary Schools (Crime Commissioner Fund)
- Health Promotion Campaigns – Tameside Public Health

### **Product Manager – British Red Cross**

#### **August 2019 –December 2019**

- Project manager the online first aid curriculum resources for schools
- Creation of educational resources liaising with photography, film, writers, web design
- Evaluate the process, monitor outcomes and report

### **Community Engagement Officer – Unity Radio 92.8FM**

#### **June 2011 – January 2012**

- Managed team delivering youth-focused creative workshops
- Assistant Producer – Youth radio programmes
- Created and produced adverts and soundbites for commercial clients

- Contributed to the planning, production, and broadcast of live and pre-recorded content
- Supported development of new show formats and live events
- Led on youth event hosting and community outreach

### **Project Manager – Young People’s Health, Tameside MBC**

**June 1998 – March 2011**

- Designed and delivered health-focused youth work programmes on topics including smoking, drugs, relationships, bullying, racism, and empowerment
- Managed youth work projects and sexual health services for young people
- Achieved Health Innovation Award for Young Men’s Health Project
- Developed and coordinated borough-wide youth health initiatives in partnership with schools and NHS

### **Teenage Pregnancy Research Assistant – The University of Manchester**

**April 2004 – September 2005 (Sabbatical from Tameside MBC)**

- Conducted research into the impact of teenage pregnancy on bone density
- Contributed to academic findings published on ScienceDirect

## **TRAINING AND QUALIFICATIONS**

### **Youth Work & Safeguarding**

2024 – Safeguarding in a Youth Work Setting (NYA)  
 2021 – Trauma-Informed Practice (NYA)  
 2013 – Challenging Behaviour (Peter Hook)  
 2013 – Young People and Gangs (M13)  
 2013 – Anti-Bullying – Beatbullying.org  
 2012 – Youth Development and Coaching (COUI Ltd)  
 2011 – CAF Refresher (Manchester CC)  
 2010 – Domestic Abuse, Substance Misuse, Forced Marriage (Tameside Safeguarding)  
 1999 – Youth and Community Work Qualification (NWRA)

### **Sexual Health & RSHE**

2022 – Sexual and Reproductive Healthcare (FSRH / NHS)  
 2020 – HIV & PEP/PrEP (Dr Naomi Sutton)  
 2013 – CSE Level 3 (Sara Swann MBE)  
 2012 – Delaying First Time Sex (Brook)  
 2011 & 2005 – Chlamydia Screening (R U CLEAR)  
 2009 – Pleasure Principles (Sheffield Centre for HIV)  
 2003 – Working with Young Men – Trefor Lloyd  
 2001 – Sexual Health Trained (TMBC PCT)

### **Teaching & Assessing**

2014 – Employability & Reflective Learning Assessor (GQA)  
 2011 – PTLLS Level 3 (Training Brokers)  
 2010 – A1 Assessor (City & Guilds)  
 2006 – Certificate in Education, Yr 1 (Huddersfield)  
 2013 – AQA PEARL Unit Award Training (AQA)

### **Media, Communication & Writing**

2018 – BA (Hons) Journalism, Multimedia – University of Salford  
 2004 – Working with Groups – University of Manchester