

# OUR VISION

EVERYONE WHO NEEDS IT  
SHOULD RECEIVE  
FIRST AID FROM  
THOSE AROUND THEM.

# NO ONE

SHOULD SUFFER  
FOR THE LACK OF  
TRAINED FIRST AIDERS.

St John Ambulance  
14-16 Midvale Road  
St Helier  
Jersey  
JE2 3YR

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[www.stjohnambulancejersey.com](http://www.stjohnambulancejersey.com)



## Community First Aid 2018 Course Dates

**EBFA Emergency & Basic First Aid**

**£40.00**

This course includes first aid training in recovery position, resuscitation, fractures, severe bleeding, choking, fainting, burns and chest pains in the adult casualty.

**6-hour course (a) 9.00 am—4.30 pm OR (b) 2 evenings each 6.00 pm—9.00 pm**

Jan 27 (a) St M	Feb 12 & 13 (b) St M	Mar 27 & 28 (b) St M	Apr 21 (a) St M	May 14 & 15 (b) St M
Jun 02 (a) St M	Jul 24 & 25 (b) St M	Aug 18 (a) St M	Sep 15 (a) HQ	Oct 29 & 30 (b) St M
Nov 24 (b) HQ	Dec 03 & 04 (b) St M			

**EFA Essential First Aid**

**£25.00**

The ideal course if you want to know what to do when faced with an emergency involving an adult casualty. You will learn resuscitation, how to treat severe bleeding, choking, chest pains and an unresponsive casualty.

**3-hour course (a) 9 am—12 noon OR (b) 6 pm—9 pm**

Jan 17 (b) St M	Mar 07 (a) HQ	Jun 04 (b) St M	Aug 23 (a) St M	Oct 04 (a) HQ	Nov 27 (b) St M
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**BCEFA Baby & Child Essential First Aid**

**£25.00**

Simple, life-saving skills are taught helping to reassure parents, grandparents or anyone who spends time looking after babies. You will learn what to do when a baby/child is unresponsive, how to do resuscitation and how to treat choking and bleeding.

**3-hour course (a) 9 am—12 noon OR (b) 1pm—4pm OR (c) 6 pm—9 pm**

Jan 16 (c) St M	Feb 17 (a) HQ	Apr 08 (b) St M	May 19 (a) HQ	Jun 17 (b) HQ	Jul 02 (c) St M
Aug 05 (b) St M	Sep 09 (b) St M	Oct 20 (a) HQ	Nov 12 (c) St M	Dec 02 (b) St M	

**Carers Support Programme**

**FREE**

This free programme is available to any adult caring in an un-paid capacity, for a family member, a neighbour or a friend, sometimes for several hours a week or in many cases 24 hours a day, 7 days a week.

Most carers have little or no experience prior to becoming a carer and find looking after someone a huge responsibility. Carers often describe a feeling of isolation, stress and exhaustion.

Our trainers within the four session “Carers’ Support Programmer” will endeavour to provide you with some knowledge and skills in an informal atmosphere to assist you with your caring role. Most importantly you will meet people in a similar situation and be able to share your experiences in a safe environment that aims to support you. We hope to provide answers to any queries you may have or we can suggest further contacts.

Please note, this programme is not for the professional care worker.

**Programme consists of four sessions each 10.00 am—2.00 pm**

Saturdays	Mar 03, 10, 17 & 24	at HQ, Midvale Road, St Helier
Wednesdays	Jun 06, 13, 20 & 27	at HQ, Midvale Road, St Helier
Thursdays	Sep 06, 13, 20 & 27	at HQ, Midvale Road, St Helier
Wednesdays	Nov 07, 14, 21 & 28	at HQ, Midvale Road, St Helier

Kindly funded by



St John Ambulance welcomes young people from the age of 12 onto all our community first aid courses. However, if an individual is under the age of 16, they must attend with a responsible adult member of the family or a guardian, who must also pay and participate in the practical work. Up to two young people (under 16) can attend with one adult.

**Training venues:**

**HQ Headquarters, 14-16 Midvale Road, St Helier**

*(no parking onsite however there is a public carpark nearby).*

**St M St Martin Training Hall, Neville Holt, La Grande Route de St Martin**

*(parking is available at our St Martin training hall).*