



# Community First Aid 2019 Course Dates

## COMMUNITY FIRST AID TRAINING 2019 COURSE DATES

### EBFA Emergency & Basic £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 14/15 (B) <b>ST M</b>	Feb 02 (A) <b>ST M</b>	Mar 26/27 (B) <b>ST M</b>	Apr 13 (A) <b>HQ</b>	Apr 30/May 01 (B) <b>ST M</b>	Jun 08 (A) <b>HQ</b>
Jul 29/30 (B) <b>ST M</b>	Aug 03 (A) <b>ST M</b>	Sep 14 (A) <b>HQ</b>	Oct 07/08 (B) <b>ST M</b>	Nov 02 (A) <b>HQ</b>	Dec 03/04 (B) <b>ST M</b>

### 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) 9.00 am - 12 noon OR (B) 6.00 pm - 9.00 pm**

Feb 05 A) <b>HQ</b>	Mar 13 (B) <b>ST M</b>	Apr 29 (B) <b>ST M</b>	June 21 (A) <b>HQ</b>	Sept 18 (B) <b>ST M</b>	Oct 28 (A) <b>HQ</b>
Nov 13 (B) <b>ST M</b>					

### BCEFA Baby & Child Essential First £25.00

Simple, life-saving skills are taught, including what to do when a baby/child is unresponsive. Resuscitation, how to treat choking and also bleeding will be covered.  
*(feeding/changing facilities are not available. Babies under 12 months welcome)*

**3 hour course (A) 9.00 am - 12 noon OR (B) 1.00 pm - 4.00 pm OR (C) 6.00 pm - 9.00 pm**

Jan 28 (C) <b>ST M</b>	Feb 10 (A) <b>HQ</b>	Apr 16 (C) <b>HQ</b>	May 12 (B) <b>ST M</b>	June 02 (A) <b>HQ</b>	Aug 18 (B) <b>ST M</b>
Sept 09 (C) <b>ST M</b>	Oct 19 (A) <b>ST M</b>	Dec 01 (B) <b>ST M</b>			

### OAFA Outdoor Activity First Aid £150.00

This course deals with conditions specific to leisure and sporting activities in both indoor and outdoor environments. It is ideal for people who have responsibility for taking groups of people away on outdoor activities, overseeing outdoor events on-island, or taking groups off-island. This course will include assessment on practical skills in outdoor scenarios at St Martin and on location.

**2 day course 9.00 am - 4.30 pm**

Mar 04/05 <b>ST M</b>	Mar 23/30 <b>ST M</b>
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This free programme is available to any adult caring for a family member, neighbour or friend, sometimes for several hours a week or, in many cases, 24 hours a day, 7 days a week (in an unpaid capacity).

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

Our trainers, within the four-session "Carers' Support Programme" 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 all 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

Wednesdays

Thursdays

Wednesdays

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 family member or 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 opposite the church)*

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

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



**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**

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