



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.**

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COMMUNITY FIRST AID COURSES

2026 Course Dates



BCEFA Baby & Child Essential First Aid

£40.00

3 hour course (A) 9.00am - 12.00pm or (B) 6.00pm - 9.00pm

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

Jan 18 (A) ST M	Feb 9 (B) ST M	Mar 15 (A) HQ	Apr 27 (B) ST M
June 21 (A) ST M	Sept 20 (A) ST M	Oct 20 (B) ST M	Nov 15 (A) HQ

EFA Essential First Aid

£43.00

3 hour course (A) 9.00am - 12.00pm or (B) 6.00pm - 9.00pm

The ideal course if you want to know what to do when faced with an emergency involving an adult casualty. There will be a demonstration on how to use an AED.

Apr 21 (B) ST M	June 7 (A) HQ	Sept 9 (B) ST M	Nov 29 (A) ST M
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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.

Carers Support Programme

Free

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 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, 10.00am-2.00pm

Thursdays 15th, 22nd, 29th January & 5th February **ST M**

Thursdays 4th, 11th, 18th & 25th June **ST M**

Mondays 9th, 16th, 23rd & 30th November **ST M**

Kindly funded by the SHUFL Foundation

Please note our community courses are for the general public and will not meet Health and Safety Executive requirements to become a qualified work place first aider or carer.

Training venues:
HQ - Headquarters, 14-16 Midvale Road, St Helier
(W3W: recovery-ruby-lure)
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
(W3W: assign-pandering-withdraw)
free parking is available at our St Martin training hall