

## First Aid Courses

Thank you to all who responded to our enquiries about First Aid Courses.

The response was so positive we have decided to run 2 First Aid Courses in conjunction with the Wellbeing Group starting in the autumn. We are inviting all members who would be interested in coming to the courses to sign up now with Donald Potter via email [donaldspotter@icloud.com](mailto:donaldspotter@icloud.com) or telephone 015395 64268

The 2 courses, are both one day courses and cost either £32.00 per person (including lunch) at Stonecross Manor on Mondays, or £23.00 per person (excluding lunch) for The Lakes Medic Courses at Abbot Hall Social Centre on Tuesdays. We will need a minimum of 15 candidates per session for a course to be viable.



1. **Red Cross Adults First Aid Course - 5 hours plus hour for lunch**  
**Monday Dates available; 28<sup>th</sup> October, 11<sup>th</sup> November 18<sup>th</sup> November**

This course is designed for members of the public who want to learn basic first aid for adults. Includes Teas/coffees and a light lunch

**Course content**, dealing with an emergency, Bystander effect, Unresponsive breathing (recovery) Unresponsive and not breathing (CPR), Seizures, Burns, Bleeding Heavily, Broken Bones, Head Injury, Choking, Heart Attack, Stroke, Severe Allergic Reaction, Diabetic Emergency and Defibrillator use. Workbook issued certificate.



2. **Lakes Medics First Person Responder Course – 6 hours plus hour for lunch**  
**Tuesday dates available; 17<sup>th</sup> September, 15<sup>th</sup> & 29<sup>th</sup> October 10 to 4pm**

This course is for anyone who wants to learn Basic Life Support and First Aid. It shows how by following some simple procedures, you really can save someone's life. Includes teas/coffees and biscuits bring your own lunch or there are plenty of local cafes close by.

**Course Content**

Delegates will receive training in a range of First Aid topics, including, First Aid priorities, Incident management of an unconscious casualty, Cardio Pulmonary Resuscitation, Bleeding and Burns. How to use an EpiPen also Defibrillator use and where they are located, students get a chance to have a go at using a unit. Assessment is carried out by the trainer throughout the course. On successful completion of the course, delegates will receive a certificate of competence from Lakes Medics Certificate in Basic Life Support which is valid for three years.

Sign up now

Contact Donald Potter via email [donaldspotter@icloud.com](mailto:donaldspotter@icloud.com) or telephone 015395 64268  
Or speak to the Wellbeing Team at the SLU3A Open Morning 4<sup>th</sup> September 10am to 12 noon