

RAMBLERS ASSOCIATION - YORK GROUP

Minutes

**Committee Meeting held on 16th October 2023 at 2:00pm
at Steve Hoather's: 8 Fox Garth, Nether Poppleton YO26 6LP**

Present: Ian Reavill (Chair, via speaker phone), Tony Tew (Secretary), Paul Shepherd (Treasurer), Steve Hoather, Linda Gall, Judith Tosh, Mike Norman, Annette Bond, Ann Cornford, Stephanie Windsor

1/. Apologies for absence: Tom Halstead, Anne Parker, Vivienne Taylor, Carys Tew, David Nunns

2/. Minutes of the last meeting held on 10th July 2023 were approved subject to minor corrections.

3/. Matters arising: There were no matters arising.

4/. Chair's Report: The Chair expressed his appreciation of all the volunteers in the York group and how much they were doing. He noted with sadness the death of David Johnson. Steve went to David's funeral and commented that it was attended by five Ramblers, but regrettably, Margaret, David's wife, was unable to be there.

Ian has sent a letter (Appendix I) to York Outer MP, Julian Sturdy, re his dissatisfaction with the government's attitude to Right to Roam. The letter has also been sent to Roy Hunt, the Area Chair.

5/. Treasurers Report:

Paul Shepherd presented his Treasurer's Report on the York Group finances (Appendix II) and Financial Summary (Appendix III) as at the end of the Ramblers' financial year. Since then there has been some additional expenditure for the Christmas meal, but the finances remain in a good state. Members complemented Paul on the draft policy he had prepared for repaying recceing expenses (Appendix IV). It was proposed (Mike) and seconded (Stephanie) to accept the finances and this was carried unanimously. The committee noted that Peter Atkinson has been approached to audit this year's accounts in place of Anne Allison who, unfortunately due to illness, is unavailable to audit them.

6/. Membership:

Eric Smith reported that, as of today, 10th October, we have 421 full members and two associate members. This compares very favourably to the July figure of 406 full and one associate member. Around half of the new members joined in July /August and half in

September/October, which are both unusually high numbers for such short periods. This does appear to be an upward trend compared with the past couple of years when figures have tended to fall.

The identity of a new (second) associate member is unknown, but is likely to be a member of another rambling club. Ian thanked Eric for how he diligently follows up new enquiries.

7/. Footpath sub-committee report and parish footpath report:

David Nunns – Footpath sub-committee submitted a report on several ongoing matters. These included the proposed Diversion at Alne and the upgrading of a Footpath to Bridleway at Copmanthorpe (to Colton boundary), by the former station, where a new housing development was approved last week.

Concerning the duelling of the York Outer Ring Road - consultees' objections, including very detailed comments by a consultant who supports many of the objections, do not seem to have been taken on board by City of York Council, who appear to believe their plans do not require amending. Will there be a Public Inquiry or even a Judicial Review?

The upgrade of Footpath to Restricted Byway from Acaster Malbis to Naburn, with a link over the Ouse, has been amended to Bridleway.

Bishopthorpe level crossing at Copmanthorpe – City of York Council objected to a footpath proposal, preferring a bridleway bridge to support cyclists and disabled access. There will be an inquiry on 22nd October. The Footpath subcommittee decided not to object to the footbridge proposal, even though it was worse than originally proposed due to a landowner not wanting to allow the bridge to start within his field. Steve clarified that this is to replace the level crossing at Copmanthorpe with a footbridge. The horse society want a ramp for horses and wheelchairs, but this would require use of land that the farmer does not want to give up. The meeting wanted to support the construction of a footbridge, but felt that a ramp was inappropriate in the circumstances. **Action Tony** to let David know the committee's opinion.

Woolpots Solar Farm has applied for a much-reduced scheme at Husthwaite, which the Footpaths Subcommittee feel is acceptable.

David Nunns emphasised the need for more members to become involved with path work. He thanked Steve for taking on the Survey Scheme.

8/. Parish footpath monitoring

Steve Hoather - Parish footpath monitoring: Steve has received reports for 23 parishes that are now complete. Two people (covering six parishes) have said they are unable to complete the work. A new volunteer has taken on three of these parishes.

Steve will issue an update in the next newsletter. Everyone who has not reported back to him (about 75%) has received an email encouraging them to do so.

9/. Walking Groups & Future Plans

Tony began by asking group leaders to remind their walkers about the forthcoming Christmas lunch (deadline for menu requests and payment is October 31st). He also asked them to encourage attendance at the AGM at 2pm on 22nd November (further details under items 14 and 18).

Linda Gall – Tuesday Group reported that Tuesday walks continue on a fortnightly basis. There have been 21 walks this year with a total of 334 walkers, average 16 on a walk. The most on a walk was 28, and the least was four (a very wet day). Linda has managed to get leaders for the rest of this year, but she is relying on a few people.

Judith Tosh – Amblers reported that Ambles have continued to be enjoyed. Unfortunately, two had to be cancelled due to rain. Another had to be reorganised due to problems with access during the reeve. Steps have been taken to report the issue. Numbers have averaged 15. There is a core of regular members who are bearing the brunt of leading. Recently the group has been joined by visitors from Shropshire and Nottinghamshire.

Mike Norman – Wednesday Ramblers reported that from 4th January to 11th October, there have been 41 walks with a total of 886 walkers. The average number of walkers is 21. The highest number was 34 at Whitwell and the lowest six at Grimwith Reservoir. Within a 20-mile radius of York there are always over 20 walkers but further away the average is 17. Areas reaching as far as Leyburn, Osmotherley, Lofthouse, Flamborough and Cloughton have been covered, as well as more local walks in the Wolds and Howardian Hills. 24 individuals have led walks, including some for the first time. The group has only three walk vacancies until the end of December. Wednesday walks on the web have had 3942 hits since January. Many people view the pictures that are uploaded immediately after the walk. Mike thanked all the leaders and walkers who make the walks so enjoyable.

Stephanie, as a first-time leader, said she was very grateful to Mike for helping her with her reeve and for his support.

Annette Bond and Anne Cornford – Public Transport reported that Since July's meeting twelve walks have been offered and numbers have averaged 11 members per walk. On the weekend of 14th -16th July, Ken Wright organised a hostel trip to Kirkby Stephen and 12 members attended. In spite of the poor weather they all had a good walking weekend. Once again, Annette and Anne wanted to thank the leaders, who had to contend with rail strikes and cancelled or full buses. They are now arranging walks up until Christmas and into the New Year. Last week there were 21 walkers from

Stillington and they all fitted on the bus. They have quite a few leaders, though some lead a lot more than others.

Stephanie Windsor – Thursday Evening Walks – Stephanie reported that there have been 11 walks in total which began at the end of April and ended on 21st September. These were held bi-weekly. Numbers ranged from approximately seven to 19 and the distances walked were between three and just over five miles. Walks tended to be local e.g. Skipwith Common, Appleton Roebuck and Cawood. In April, walks began at 18:30 and the last two walks at 18:00 because of the darker evenings. Stephanie thanked everyone who led the walks. The evening walks have a distinct atmosphere and attract people who prefer a shorter walk. Ian suggested we might publicise next year's walks in Handymag and Local Link. **Action AIT** to trigger this process at the appropriate time next year. **Stephanie has agreed** to continue to coordinate next year's programme.

10/. Area Council

An Area Council Meeting was held on 22nd August 2023 and **Ian** reported back (see Appendix V for the minutes). The main item was a general discussion about amalgamating some groups in the East Yorkshire area, as some are struggling. Groups like York might take on other groups (e.g. Ryedale and Scarborough). Ian is not overkeen, as we are busy enough already. Steve felt that a new organiser would be needed to take on any new walks, such as the Ryedale Sunday walk. Savings would be on the number of chairs, secretaries and finance officers needed, though the workloads of the remaining ones would increase. Mike reported that Ryedale has a new chairman and looks like it will continue to exist in its own right.

11/. Website / Newsletter

Tom Halstead (No report received, but the website continues to operate well and Tom makes any requested updates to the site very speedily.)

Mike Norman reported that the website is running smoothly. There is very competent backup for periods when Tom is unavailable.

Ian thanked Anne for the newsletters. Not everyone is signed up for receiving them, however. Of greatest concern are long-standing members without access to the internet. Judith reported that she prints off copies of the programme at her own expense for such members in her group. **Action Ian** to organise a meeting to see how best to ensure that all members are kept informed one way or another and are notified about AGM, which is a legal requirement.

12/- Coach Ramble

To date, no requests have been received for a second coach ramble besides the one each May. **Action Ian** to ask for walk suggestions for next year at the coming AGM.

13/- Social Events

Christmas Lunch 20 December 1230

Stephanie reported that a booking has been secured with a deposit for 40 people at the same venue as last year; La Vecchia Scuola. The membership secretary contacted all members with the details, not just the Wednesday walkers. (The Tuesday group hold their own Christmas lunch, and the Public transport have their meal at the end of January. These tend to be publicised by word of mouth during the relevant walks.) To date, 27 members have signed up for the lunch, with most payments made by BACS transfer.

Ideally, final numbers would be appreciated by the end of October. Tony and Carys have agreed to take over responsibility from Stephanie for organising the lunch from mid-November when she goes away. A query was raised about notice of cancellation which is currently being explored by Stephanie.

14/. AGM

Arrangements are progressing well. The pre-meeting walks have been planned. Both walks will begin at 10:30 (more details will be available on the website). The Tithe Barn has been booked and paid for. Refreshments have been organised by Viv and Diane.

Action Ian to remind those who have agreed to bake cakes that they have agreed to do so. Stephanie is attempting to hire a projector and screen to facilitate the meeting, but mainly, in the absence of a speaker this year, to provide a rolling slide show after the meeting during refreshments. A suggestion of using Poppleton Methodist Church Hall next year was well received, as it is fully equipped for holding meetings. **Action Tony** to ensure this happens.

15/. First Aid training:

Aware that Pocklington group were offering basic First Aid training for their leaders, Paul had undertaken some research for this meeting (discussion document in Appendix VI). Several examples of walkers needing first aid over the last year were discussed and it was agreed that there is a need for offering such training, and that the training should be funded, or at least subsidised, centrally. It was noted that training goes out of date and needs renewing regularly. For example, St John's Ambulance can organise a course for about 12 people at a suitable time in a local venue which we could hire. **Action group leaders** to announce the availability of training on walks and to assess the level of interest. Eric recommended the British Red Cross first aid app that he has on his phone. **Action Tony** to ensure this information appears in the next newsletter. **Action Ian** to raise it under AOB at the AGM.

16/. Correspondence: Nothing to report.

17/. AOB Nothing to report.

18/. Date and venue of next meetings

AGM: 2pm, Wednesday 22nd Nov 2023, at Poppleton Tithe Barn, YO26 6LF

Following meeting: provisionally Thursday 1st Feb, **to be confirmed at the AGM**

Appendix I

Letter from Ian Reavill to York Outer MP, Julian Sturdy on Right to Roam

From: **Ian Reavill**

Date: Sun, 8 Oct 2023, 16:11

Subject: Fed up with right to roam,

To: Julian Sturdy MP <julian.sturdy.mp@parliament.uk>

Dear Mr Sturdy,

I am writing to you as one of your constituents, and as chairman of the York Group of the Ramblers Organisation, with over four hundred members.

I was very concerned to read that Therese Coffey, Secretary of State for Environment, Food and Rural Affairs, had told a meeting of the British Association of Shooting and Conservation that she was "quite frankly fed up with the right to roam campaign. The only things that have rights to roam are farmers, their pigs and cattle."

This is in spite of making a speech at the Countryside Future Conference in June that "our countryside makes up 90 per cent of our land.....that adds so much to the health and happiness of millions every year."

Her latest speech shows her true colours. Having originally scrapped the 2026 deadline to register historic rights of way, she has now reinstated the deadline, in an effort to curtail the extension of public rights of way.

I would like to know what this government's policy is towards 'right to roam'. York Ramblers members annually survey all the Public right of way in our area, which is made up of parishes in your constituency. We do this to ensure that walkers have access to well maintained and signposted footpaths, working in conjunction with NYCC and local farmers. We have the greatest respect for the countryside, and promote the country code at all times.

I look forward to your reply, and hope you will pass my concerns to the Secretary of State.

Yours sincerely,

Ian Reavill

Appendix II

YORK GROUP OF THE RAMBLERS' ASSOCIATION

TREASURER'S REPORT TO THE GROUP COMMITTEE MEETING ON MONDAY 16th OCTOBER 2023

BANK BALANCE

As at the close of business on Friday 30th September 2023 the balance in our Bank Account stood at £720.11 which comprises the nett of £221.10 on the Main Fund plus £499.01 for Self-Funded Activities.

The balance on the Main Fund has been decreased from £270.24 as at 1st July 2023 by £49.14. This has resulted from payments of Travel Expenses Claim (£41.50), costs for the preparation of the recent Newsletter (£50.00) and the balance of the cost of hiring Poppleton Tithe Barn to hold our 2023 AGM (£93.75). These were partly offset by drawing another 25% (£136.11) of our Basic Funding Allocation for the 2022-23 Financial Year from Area.

There was also a decrease in balance for Self-Funded Activities from £544.01 as at 1st July 2023, by £45.00. This was due to payment of the final cost item for the May 2023 Coach Ramble being a Walk Leader's Travel Expenses incurred in carrying out a recce. Committee Members are asked to note that this payment was included in the Financial Summary for the Coach Ramble provided at July's Meeting.

BASIC FUNDING ALLOCATION

2022-23 Financial Year

Committee Members are asked to note that 25% (£136.11) of our Basic Funding Allocation for the 2022-23 Financial Year was not claimed from Area.

2023-24 Financial Year

Central Office have advised Area that we are entitled to a Basic Funding Allocation of £502.03 for the 2023-24 Financial Year. This is based on 403 members at £1.01 per member plus £95. These rates are unchanged from 2022-23 when our Allocation was £544.45 having been based on 445 members.

POLICY FOR REIMBURSING PRE-WALK RECCE EXPENSES

Further to discussions at previous Meetings and an e-mail exchange in April 2023 a draft Policy for the reimbursing of Pre-Walk Recce expenses is attached to this Report (See Appendix IV) for consideration and amendment or approval by the Committee.

Appendix III

Financial Summary

York Ramblers Group

Calculation of balances for Committee Meeting Monday 16th Oct 2023

	Statement No.	Main Fund	Self Funded	Total
Receipts				
	246	136.11	0.00	
	247	0.00	0.00	
	248	0.00	0.00	
		0.00	0.00	
		0.00	0.00	
		0.00	0.00	
		136.11	0.00	0.00
				136.11
Payments				
	246	(41.50)	(45.00)	
	247	(50.00)	0.00	
	248	(93.75)	0.00	
	0	0.00	0.00	
	0	0.00	0.00	
		(185.25)	(45.00)	(230.25)
Summary / Grand Totals				
In Period Surplus / (Deficit)		(49.14)	(45.00)	(94.14)
Opening Balance at 1st July 2023		270.24	544.01	814.25
Closing Balance at 30th Sept 2023		221.10	499.01	720.11

Note: bracketed figures are negative.

Appendix IV



POLICY FOR REIMBURSING PRE-WALK RECCE EXPENSES

INTRODUCTION

Every year the various Sections of the York Group aim to organise a full programme of walks, each led by a volunteer walks leader. In line with good practise and to ensure that these walks are safe; walks leaders are encouraged to carry out a pre-walk recce, for which they may incur out-of-pocket travel expenses. Although we would like to be able to reimburse all such expenses, unfortunately we do not have access to sufficient funds to be able to do this. In practice, the vast majority of our walk leaders do not claim any expenses. We are extremely grateful for this additional generosity.

We recognise, however, that some walk leaders may not be able to afford to pay their own pre-walk recce costs. We therefore follow the Ramblers Central Office recommendation that in such cases Areas and Groups meet any such reasonable expenses where claimed. Also, in line with the Ramblers Central Office recommendation we do not expect volunteers to have to provide evidence of their financial circumstances and as such, there is an element of trust in the individual concerned.

CLAIMING PROCESS

- 1) A Volunteer Expenses Claim Form should be completed and returned to the Group Treasurer by the Walk Leader.
- 2) Claim Forms are available from the Group's website <https://yorkramblers.org.uk/> in the Documents section.
- 3) Claim Forms should state the date and location of the walk as well as contain an appropriate level of detail to allow the reviewer to establish how the total amount claimed has been calculated.
- 4) Completed Claim Forms should be submitted to the Group Treasurer preferably attached to an e-mail. The Group Treasurer's e-mail address is on the Claim Form.
- 5) Only one Claim per walk will be accepted and the walk must be included in the Group's published programme of walks.
- 6) Payment will be made after the walk has taken place.
- 7) The preferred method of payment is via online transfer direct to the claimant's Bank Account.
- 8) If it is a claimant's first claim their Bank Account details should be included in their covering e-mail.
- 9) Should a claimant require payment by cheque they should contact the Group Treasurer.

Note – where a Back Marker accompanies the Walk Leader on a recce it is assumed they will travel together.

POLICY FOR REIMBURSING PRE-WALK RECCE EXPENSES

REIMBURSEMENT RATES

Central Office devolve responsibility for setting reimbursement rates to Areas and Groups. The York Group's Committee have decided to follow the rates recommended by the East Yorkshire and Derwent Area for Group walks and to vary these rates for Coach Rambles in recognition of the extra distance involved.

Group Walks

Mileage – up to a maximum of 50 miles Rate per mile – 45p

Public Transport Fares – up to a maximum of £22.50

Coach Rambles

Mileage – up to a maximum of 100 miles Rate per mile – 45p

Public Transport Fares – up to a maximum of £45.00 Free place on the Coach.

POLICY REVIEW

This Policy will be reviewed bi-annually on the anniversary of its adoption or upon receipt of amended guidance from Central Office or updated reimbursement rates from the East Yorkshire and Derwent Area which ever occurs first.

Paul Shepherd

Appendix V

East Yorkshire and Derwent Area Ramblers Association Minutes of Area Council Meeting held at Middleton Village Hall on Tuesday 22nd August 2023

Present: Roy Hunt (chair), Peter Ayling, Sam Borman (treasurer), Tony Malt, Penny Hudson, Joe Neal, Ian Reavill, Tony Tew, Marian Thomas (secretary)

Apologies: Ann Laing, Kate Plumb, Stephen Down, Steve Lack, Norman Barclay, David Nunns, Paul Shepherd,

AC 19/23 Welcome, Attendance and Apologies

RH welcomed members meeting; apologies were recorded

AC 20/23 Minutes of Previous Meetings

A) Minutes of the previous Area Council meeting of 23rd May 2023 were accepted without amendment.

Proposed: PA, seconded: SB

Matters arising: i) RH had spoken to Glen Walker (senior HR officer at CO) about the complaint at Little Driffield being dealt with by CO rather than being passed onto Area to make a decision about the course of action, also the delay of 4 weeks before CO responded. GW said that this was not the correct course of action; complaints must go to the area/group first.

ii) MT apologised for the delay in progressing the application for Ray Wallis' to become an honorary life membership; PA has supplied her with information about Ray Wallis' many contributions to walking in our Area

B) Minutes of short budget meeting via Zoom 25th July 2023 were accepted without amendment

Proposed JN, seconded: IR

AC 21/23 Reports from Area Officers and Groups

A) Area Chair RH

i) Use of Copy right images on-line: Scarborough Group have received a claim from Alamy (a stock photography agency) for inadvertently using one of their images in an old newsletter dated 2014 which could be viewed on-line. Alamy are claiming £440 in lost copyright licence fees, even though the image has now been removed, CO are dealing with this case. There is now clever technology available which enables companies to track down the unlicensed use of their copyright images on-line. Groups are reminded not to use images from the Internet without permission, use only photographs that groups have taken themselves.

ii) Fatality on a recent Ramblers Walk in Midlands: RH said that recently a man has been knocked down and killed on a rail level crossing; this tragic accident is a reminder that on walks where there is a rail crossing, extra care must be taken.

iii) Extraordinary General Meeting Announced by Central Office for on 25th November at Manchester:

At this EGM General Council members will be asked to consider approval of new Ramblers strategy. The strategy is about prioritising activity that supports those who have the least access to the outdoors and face the most barriers to enjoying the benefits of walking. RH stated that in our area there is almost a direct correlation between groups that have historically struggled to survive and those areas where there is most deprivation. Also the most economically deprived are likely to have restricted travel options. RH said that this new strategy is commendable but unless there is a plan, it will go nowhere. Our Area representative on General Council is Tom Halstead.

iv) Risk Management on led Walks: CO have set up a working party to look at how to manage risks on led walks. RH said that Martin Chester has written a good report on this, which can be down loaded from Assemble; in it he says that Ramblers walks are very low risk and the current tick list exercise is over the top for ordinary walks. The thinking is that every group will have a model risk strategy, which groups can adapt and sign up to. Mandatory training for new walk leaders may still be required. RH said that it is important that groups and areas are consulted; he is concerned that too much bureaucracy will drive walk leaders away.

B) Treasurer's Report : SB presented the accounts from Oct 2022 to 8th August 2023 and said there was a healthy balance of £7,749. He would not find out about our Area budget proposal for 2023/24 until mid October. SB stated that from 17th September until 14th October he would be away and unable to transfer money. No questions were asked.

Report: proposed RH, seconded: IR

C) Acting Rights of Way Officer - RH

RH was acting as the temporary interface between the local authorities and our local Ramblers Groups, by passing on any ROW issues to the relevant group to investigate. RH said that the residents of Hotham had approached him about Denton Lane as they opposed the creation of a BOAT and instead support the creation of Bridleway (no vehicle access). He said he had informed the residents that the decision of the inspector will be based on historic evidence, but if it is turned into a BOAT they will be able to object.

D) Group Reports

Written reports from most the groups had been circulated;

GYBO : AC members were impressed with the GYBO report on the National Young Ramblers Week held in July in York, and the secretary was asked to pass on their congratulations

Hull & Holderness Group currently have only 2 walk leaders, consequently they are only able to organise a few walks, although these are well attended. Howden & Goole Group currently has 4 walk leaders.

Ryedale Group: several committee members are standing down at the AGM in November, leaving the group with just 3 committee members- a secretary, a treasurer

and walks secretary. There is currently no, volunteer to act as chair; to function as a viable group there needs to be a chair, secretary & treasurer. Despite threats of group closure to group members, no one has stepped forward to assist. JN said that Beverley Group are currently operating without a chair.

RH made a suggestion that in cases where groups are struggling to get enough committee members to operate, an option might be to amalgamate groups, so that they need only one treasurer and one chair but the different geographical groups could function as a sub group with their own walking programme and social events.

AC 22/23 Feedback from the Driffield Show 19th July

As in previous years, Area had Trade Stand at the Driffield Show on 19th July, sharing the pitch with the National Trails (Malcolm Hodgson) at the cost of £250 (our share includes the cost of show tickets for helpers). MT said she was very disappointed with the location of the stand, it was the first unit next to the main entrance and this meant that after their initial entry to the show, very few people visited the stand. MT said there are cheaper more successful ways to raise the profile and promote the Ramblers, such as having a stall at the local events or a market. MT did not recommend that Area support the Driffield Show next year. AC agreed with this and RH said that MT should inform Malcolm Hodgson of the decision.

Appendix VI

York Ramblers Group – Committee Meeting Monday 16th October 2023 First Aid Training Discussion Document

Introduction

This document is intended to provide some brief details in advance of a discussion at the above Committee Meeting regarding the possibility of offering basic First Aid training to members. The discussion is intended to;

- a) obtain members views as to the need or otherwise for such training,
- b) assess the likely take up should it be offered, and
- c) decide how to progress making arrangements should members wish to go ahead. To aid the discussion extracts are given below from the St John's Ambulance and British Red Cross websites.

Background

Earlier this year the Pocklington Group arranged similar First Aid training for any of their members who wished to participate. The training was delivered by St John's Ambulance in two half day sessions for 12 candidates each session. Some attendees were renewing their certification.

St Johns Ambulance

Who should attend?

This course is for anyone involved in sporting activities - this could be referees, coaches or players.

Course arrangements

Duration - one day. This course is available to run at your premises only.

Topics covered

This course covers how to deal with injuries and medical emergencies that can happen during sporting activities.

- Adult resuscitation (CPR)*
- Bone, muscle and joint injuries
- Chest pains
- Child resuscitation (CPR)
- Communication and casualty care
- Head injuries
- Heat and cold extremes
- Managing a casualty outdoors
- Minor and severe bleeding
- Primary survey
- Role of the sports first aider
- Shock
- Unresponsive adult
- Unresponsive child

St Johns Ambulance - continued

Assessment

Continuous observation by the trainer.

Certification

Successful candidates receive a St John Ambulance certificate, valid for three years.

British Red Cross

Why choose this course?

This course is for anyone over 16 who wants to learn adult first aid for their everyday life. It is ideal for people who are more likely to need to use first aid, e.g. if you play sports, enjoy travelling, commute regularly or care for a relative. This one day course is for anyone aged 16+ who wants to learn first aid for adults.

What is covered on a First aid for adult course?

You'll receive practical, hands-on learning. Our friendly trainers will help you learn some key skills you really need to know:

- dealing with an emergency
- unresponsive – breathing
- unresponsive – not breathing (cardiopulmonary resuscitation – CPR)
- seizures
- burns
- bleeding heavily
- broken bones, strains and sprains
- head injury
- choking
- heart attack
- stroke
- severe allergic reaction
- diabetic emergency.

You'll receive a free first aid workbook full of helpful advice; this can be taken home and used to check and refresh your knowledge. The workbook includes your certificate of learning, which you can fill in yourself.

We also offer a First aid for adult (evenings) course split over two consecutive evenings (two hours per evening).

4 hours (plus 30 minute lunch) 10:00-14:30

Prices from: £37.50

Paul Shepherd