

First Aid training must be renewed every three years and you will be reminded by Shared Lives South West when your certificate needs renewing. The course that we recommend is the Emergency First Aid at Work course which should take one day to complete.

Prices vary but some of the organisations offering the training are listed below.

This is not an exhaustive list. You are expected to take responsibility for this area of training and unfortunately First Aid course fees cannot be subsidised by Shared Lives South West

Please send us a copy of your certificate once your course has been completed.

- **Trisha Nicholas**

Based: in Cornwall, but will travel if she has sufficient numbers in a given area to make this viable

Tel: 07739 323518

email: trishanicholas@btinternet.com

- **Kerry Coldwell**

Based: Exmouth

Cost: £60 for a course

Website: <http://coldwelltraining.co.uk>

- **Essential 6**

Based: Exeter and Torquay

Cost: People can join courses already set up £80 + VAT. If a course was set up for a group of 7 to 12 people, the cost is £475 + VAT (whatever the number) plus £7 + VAT for exam fee.

Website: <https://essential6.co.uk/>

- **South Devon College**

Based: Torbay

Cost: £70.

Tel: 01803 540865

Email: enquiries@southdevon.ac.uk

- **One Life Training**

Based: Exeter

Cost: £106 + VAT for one day course with 3 year accreditation.

Website: www.onelife-training.co.uk/page/First-Aid-Training

- **Achievement Training**

Based: Plymouth

Cost: £75 including VAT for Emergency First Aid including CPR

Website: www.achievementtraining.com

- **HTP training**

Based: Launceston/Bodmin/Torpoint areas

Cost: £55 + VAT

Website: www.htptrainme.co.uk

- **Triangle Training (UK) Emergency First Aid training**

Based: Plymouth and area

Cost: £50

Website: www.triangletrainingukltd.co.uk

- **Amplio Training**

Based: Independent training provider based in Sidmouth, East Devon and covering all of SW England

Cost: £95 including certification and handbook run by Deborah Cox, who has a background in health and social care training.

Website: www.ampliotraining.co.uk

- **Joe Rice**

Based: Okehampton area

Cost: £50 no VAT

Tel: 07531 424014

Email: joericefirstaid@gmail.com

- **SSG Training**

Based: Taunton

Tel: 01752 201616

Website: <https://www.ssg.co.uk/taunton/>

- **Little Knox First Aid**

Based: Taunton

Tel: 01823 530999

Website: <https://www.littleknoxirstaid.co.uk/>

- **First Aid Training – South West**

Based: Exeter

Tel: 07768 600037

Website: <https://www.irstaidtraining-southwest.co.uk/>

- **British Red Cross First Aid Training** Based: Taunton

Tel: 0344 8718000

Website: <https://www.redcrossirstaidtraining.co.uk/>

- **St John Ambulance**

Based: Taunton

Tel: 0344 7704800

Website: <https://www.sja.org.uk/courses/work-place-irst-aid/>

- **Lightning Training Solutions Ltd**

Based: Yeovil

Tel: 01935 473575

Website: <https://www.lightningtrainingsolutions.co.uk/>

- **Ready Steady First Aid**

Based: Yeovil

Tel: 01935 479844

- **Dr First Aid**

Based: Chard

Tel: 07447 009960

Website: <http://www.drirstaid.co.uk/>

- **Reflex First Aid Training Ltd**

Based: Wedmore

Tel: 01934 710535

Website: <http://www.reflexfirstaidtraining.co.uk/>

- **Hamdon First Aid Somerset**

Based: Stoke-Sub-Hamdon

Tel: 01935 826591

Website: <https://hamdonfirstaid.co.uk/>

- **JaLee First Aid Training**

Based: Weston Super-mare, but hosts courses across Somerset.

Tel: 03303230240

Website: <https://jaleefirstaid.co.uk/>