

# First Aid Providers

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](mailto: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](http://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](http://www.achievementtraining.com)

## • **HTP training**

**Based:** Launceston/Bodmin/Torpoint areas  
**Cost:** £55 + VAT  
**Website:** [www.hptrainme.co.uk](http://www.hptrainme.co.uk)

## • **Triangle Training (UK) Emergency First Aid training**

**Based:** Plymouth and area  
**Cost:** £50  
**Website:** [www.triangletrainingukltd.co.uk](http://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](http://www.ampliotraining.co.uk)

## • **Joe Rice**

**Based:** Okehampton area  
**Cost:** £50 no VAT  
**Tel:** 07531 424014  
**Email:** [joericefirstaid@gmail.com](mailto:joericefirstaid@gmail.com)

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- **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.littleknoxfirstaid.co.uk/>

- **First Aid Training – South West**

**Based:** Exeter  
**Tel:** 07768 600037  
**Website:** <https://www.firstaidtraining-southwest.co.uk/>

- **British Red Cross First Aid Training**

**Based:** Taunton  
**Tel:** 0344 8718000  
**Website:** <https://www.redcrossfirstaidtraining.co.uk/>

- **St John Ambulance**

**Based:** Taunton  
**Tel:** 0344 7704800  
**Website:** <https://www.sja.org.uk/courses/work-place-first-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.drfirstaid.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/>

- **First Aid at Hand**

**Based:** North Devon  
**Tel:** 07550 099426  
**Website:** <https://firstaidathand.com/>