

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

Website: www.ampliotraining.co.uk

- **Joe Rice**

Based: Okehampton area

Tel: 07531 424014

Email: joericefirstaid@gmail.com

- **Essential 6**

Based: Exeter and Torquay

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

- **Ssg Training**

Based: Taunton

Tel: 01752 201616

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

- **One Life Training**

Based: Exeter

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

- **Little Knox First Aid**

Based: Taunton

Tel: 01823 530999

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

- **Achievement Training**

Based: Plymouth

Website: www.achievementtraining.com

- **First Aid Training – South West**

Based: Exeter

Tel: 07768 600037

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

- **HTP training**

Based: Launceston/Bodmin/Torpoint areas

Website: www.htptrainme.co.uk

- **British Red Cross First Aid Training**

Based: Taunton

Tel: 0344 8718000

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

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

Based: Plymouth and area

Website: www.triangletrainingukltd.co.uk

- **St John Ambulance**

Based: Taunton

Tel: 0344 7704800

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

- **Amplio Training**

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

- **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/>

- **Carnbrea Leisure Centre**

Based: Cornwall

Tel: 01209 722005

Email: bookings@cblc.co.uk

- **White Cross Training**

Based: Visit carer's home to provide training

Tel: 07787772332

Email: info@whitecrosstraining.co.uk

Website: www.witecrosstraining.co.uk

- **Phoenix Project**

Based: Cornwall (delivered in different Fire Stations)

Tel: 01326 318177

- **Cornwall Training and Consultancy**

Based: St Austell

Tel: 01726 932293

Email: admin@cornwalltraining.com