



Hello and welcome to our first newsletter of 2022!

We hope this newsletter finds you well. We'd like to take this opportunity to wish you all the very best for 2022; may it be filled with good health and happiness.

In the newsletter we remind you how easy it is to use a Defibrillator and to help you plan ahead, we have included details of the open courses we have scheduled to run at our training room in Nantwich up until April 2022. Alternatively, we can happily come to your setting to deliver training for a number of your colleagues, if you prefer. Our diary is open and we are taking bookings for on-site training during 2022 and beyond, Twilights and INSETs can be accommodated.

We look forward to supporting you throughout 2022.

Kindest regards, Adi and Annette



Follow us on





IOSH Managing Safely

Managing safely is for managers and supervisors in any sector, and any organisation.

Designed to get managers up to speed on the practical actions they need to take to handle H&S in their teams, it is equally relevant for managers and supervisors at any level who require a basic broad view of current H&S requirements and principles. This is a practical, step by step jargon free learning experience and is an ideal way of embedding effective H&S in to your organisation.

Achieving the IOSH Managing Safely certificate empowers managers in any business to better manage their team, safeguarding their wellbeing and embedding a safe culture in the workplace.

Get in touch to book your place.

Our next Open IOSH Managing Safely course is scheduled to run at our Covid Secure training room in Nantwich on

Wednesday 26th, Thursday 27th & Monday 31st January 2022

9am-4.30pm £450 +VAT pp

To book your place or to arrange a course for a group of your colleagues, please contact info@ensuresafetytraining.co.uk or call 01270 619 584

Our Mission

We are a loyal and friendly team providing a personalised service. We are committed to demystifying the world of Health & Safety for all of our valued clients, regardless of size and industry.

Our team are dedicated and passionate with a strong work ethic that underpins all that we do. All of our people are considered valued members of our extended family and we pride ourselves on a positive work-life balance.

We commit to developing our people to be the best versions of themselves so that we can develop to be the best version of ourselves.



WHERE YOU MIGHT FIND PUBLIC ACCESS DEFIBRILLATORS

Churches



Phone
Boxes



Shops

(Every Morrisons
in the UK has a
defibrillator)



Village
Halls



Train
Stations

IF YOU DO NOT KNOW WHERE YOUR NEAREST DEFIBRILLATOR IS IN THE
EVENT OF AN EMERGENCY, THE 999 CALL OPERATOR WILL BE ABLE TO
TELL YOU WHERE IT IS.

Defibrillators are very easy to use. Although they don't all look the same, they
all function in broadly the same way. You don't need training to use one. The
machine gives clear spoken instructions – all you have to do is follow them – and
it won't shock someone unless they need it.

For more information on how to use a defibrillator visit

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/how-to-use-a-defibrillator>

This month we celebrate Jo being a member of the Ensure team for a year.

Joining us last January, Jo settled in quickly to become a truly valued member of the team. With her infectious smile and her fabulous sense of humour, she is a joy to be around.

Thanks for all you do Jo, it really is greatly appreciated by us all.





Level 3 Supervising First Aid for Mental Health

Anyone can be affected by a mental health condition either themselves or a family member, friend or colleague.

This 2 day course covers a wide range of mental health conditions and goes into detail on the range of therapy and professional support that a person may be given by professional bodies during treatment for a mental health condition.

Topics covered:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- A large range of Mental Health conditions covered in detail

Get in touch now to book your place on one of our open courses at our Covid secure training room in Nantwich.

Our next open course is scheduled to run at our **Covid Secure** training room in **Nantwich** on:

Wednesday 2nd & Thursday 3rd February 2022

9am-4pm £140 +VAT pp

To book your place or to arrange a course for a group of your colleagues, please contact info@ensuresafetytraining.co.uk or call 01270 619 584



We are delighted to now offer

FAA Level 2 Award in First Aid for Youth Mental Health (RQF)

This course is suitable for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults.

The qualification has been designed with children and young people in mind covering areas such as depression, self-harm, eating disorders and bullying and will provide the knowledge and skills to identify a potential mental health condition, start a conversation, and provide support and guidance to professional help.

Learners will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

A range of First Aid for Mental Health related subjects are covered including:

What is first aid for youth mental health?

Identifying mental health conditions

Stress

Mental health conditions

Drugs and alcohol

First aid action plan for mental health

Certification

A Level 2 Award in First Aid for Youth Mental Health will be issued to the learner, subject to successful assessment. The qualification is valid for three years from the date of achievement.

**SPECIAL
OFFER**

Book a place on our
L3 Supervising First Aid for Mental Health course running on
2nd & 3rd February and receive a **HALF PRICE** place on our
**FAA Level 2 Award in First Aid for Youth Mental Health
(RQF)** course running on **Tuesday 1st March**
(usually £85 +VAT pp)

Future courses running at our training room in Nantwich up to April 2022, more dates will be added shortly.

Emergency First Aid at Work £75+VAT

Monday 10th January 2022 FULLY BOOKED

Monday 24th January 2022

Monday 31st January 2022- FULLY BOOKED

Tuesday 8th February 2022

Tuesday 8th March 2022

Tuesday 26th April 2022



First Aid at Work £185 +VAT pp

Monday 10th- Wednesday 12th January 2022 FULLY BOOKED

Monday 31st January, Monday 14th and Tuesday 15th February

Tuesday 8th- Thursday 10th February 2022

Tuesday 8th- Thursday 10th March 2022

Tuesday 26th- Thursday 28th April 2022



First Aid at Work (Requalification) £130 +VAT pp r

Monday 17th & Tuesday 18th January 2022 FULLY BOOKED

Wednesday 26th & Thursday 27th January 2022

Monday 14th & Tuesday 15th February 2022

Monday 14th & Tuesday 15th March 2022

Tuesday 29th & Wednesday 30th March 2022



Paediatric First Aid

Wednesday 19th & Thursday 20th January 2022

Wednesday 16th & Thursday 17th February 2022

Monday 21st & Tuesday 22nd March 2022

Wednesday 20th & Thursday 21st April 2022



Fire Warden £70 +VAT pp (including practical session) 9am-12noon

Friday 21st January 2022

Thursday 17th February 2022

Thursday 31st March 2022

Tuesday 19th April 2022



IOSH Managing Safely £450 +VAT pp

Monday 26th, Thursday 27th & Monday 31st January 2022

Monday 28th, Tuesday 29th & Wednesday 30th March 2022

More dates will be added shortly



L3 Supervising First Aid for Mental Health

£140 +VAT pp

Wednesday 2nd & Thursday 3rd February 2022

More dates will be added shortly



Level 2 Award in First Aid for Youth Mental Health £85 +VAT pp

(Half price place when booking a place on the L3 Supervising FA for Mental Health course above)

Thursday 17th February 2022



To book your place on a course please contact
info@ensuresafetytraining.co.uk or call 01270 619 584