

FIRST AID

ESSENTIAL FIRST AID FOR ADULTS

A St John Ambulance certificated course. A step-by-step guide on how to give First Aid to adults. Course fee includes workbook and St John Ambulance registration and certification.

ESSENTIAL FIRST AID ALL AGES

A St John Ambulance certificated course. A step-by-step guide on how to give First Aid to all age groups. Course fee includes workbook and St John Ambulance registration and certification.

| DAY | VENUE | COURSE CODE | COURSE TITLE | START DATE | TIME | LENGTH | TUTOR | FEE |
|-----|-------|-------------|--------------------------------|------------|---------------|--------|----------------|-----|
| Wed | RGS | ER084-AW | Essential First Aid for Adults | 08/11/17 | 19.00 - 21.00 | 1 day | Miss L Taggart | £27 |
| Thu | QEII | EP084-AX | Essential First Aid for Adults | 12/10/17 | 19.00 - 21.00 | 1 day | Miss L Taggart | £27 |
| Sat | UCM | PD081-AS | Essential First Aid – All Ages | 28/10/17 | 09.00 - 12.00 | 1 day | Miss L Taggart | £33 |
| Sat | UCM | PD084-AS | Essential First Aid for Adults | 25/11/17 | 10.00 - 12.00 | 1 day | Miss L Taggart | £27 |

GENERAL INTEREST

HELPFUL TIPS TO STAY SAFE FROM FRAUD

Fraud affects everyone – whatever your background, age or who you bank with. This course run by members of the RBS team will let you know how you can stay safe against fraud no matter where you bank. *Leaflet available.*

LEARN TO LEARN FOR EXAMS AND WORK

Scientific studies have shown that we are not learning in a way that not only suits our learning style but can also inhibit us from reaching our potential. Learn how to learn properly

through discovering how to record notes and information better, which leads to easier and quicker revision. Learn how to understand what you read and whether you need to read it before actually reading it. Then how Speed Reading can improve your understanding and your speed by 300/400% in minutes. Also learn techniques to improve your memory to not only remember what you have learnt but also recall it when required. These techniques have also been proven to increase brain connectivity which helps with memory loss in old age.

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|-----|-------|-------------|--------------------------------------|------------|---------------|--------|------------|------|
| Wed | UCM | PD818-AW1 | Helpful Tips to Stay Safe From Fraud | 11/10/17 | 15.00 - 16.00 | 1 day | RBS Team | FREE |
| Wed | UCM | ED818-AW2 | Helpful Tips to Stay Safe From Fraud | 08/11/17 | 19.00 - 20.00 | 1 day | RBS Team | FREE |
| Sat | UCM | PD015-AS | Learn to Learn for Exams & Work | 25/11/17 | 10.00 - 16.00 | 1 day | Mr D Kenna | £29 |

LOCATION QUICK REFERENCE

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| UCM | University College Isle of Man, Homefield Road, Douglas |
| WKEN | William Kennish Engineering Centre - Greenfield Road, Douglas |
| GLEN G | Glencrutchery School Gym |
| GLEN P | Glencrutchery School Pool, Douglas |
| KENS | Kensington Road Youth Arts Centre |
| SCOILL | Scoil yn Jubilee (Murray's Road Primary School) |
| SNLS | St Ninian's Lower School, Bemahague, Onchan |

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|--------|----------------------------------|
| WILL | Willaston Primary School |
| FOX | Foxdale Primary School |
| PEEL | Peel Clothworkers Primary School |
| QEII | Queen Elizabeth II High School |
| BALLAS | Ballasalla Primary School |
| CRHS | Castle Rushen High School |
| RGS | Ramsey Grammar School |
| RYCC | Ramsey Youth & Community Centre |

IN ORDER TO BE SURE OF SECURING A PLACE ON THE COURSE, PLEASE ENROL AT LEAST TWO WEEKS PRIOR TO THE START DATE.