

# 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.

DAY	VENUE	COURSE CODE	COURSE TITLE	START DATE	TIME	LENGTH	TUTOR	FEE
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

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

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.**