

Hash Tag First Aid



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Congratulations

Welcome to the first edition of Hash Tag First Aid

The purpose of our newsletter is to keep you, your business, your friends and your family updated on all things first aid related.

We will inform you of any changes within the first aid industry, provide you with interesting articles and features and most importantly congratulate you on your first aid achievements, so keep us informed!!!

Let's start by introducing ourselves

Formed in 2007 by Aimie Chatfield and Bonnie Joseph, Aim High Training and Development is an established training company that prides itself on the provision of professional First Aid training to the highest industry standards.

Collectively we have over 20 years experience and with two offices in the UK we are able to service a large geographical area. [Read more](#)

"I really enjoyed myself and learnt a lot from two people who clearly know how to inspire everyone about first aid"

Industry News and Updates

NHS 111 service

NHS 111 is a new service that's being introduced to make it easier for you to access local NHS healthcare services in England. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

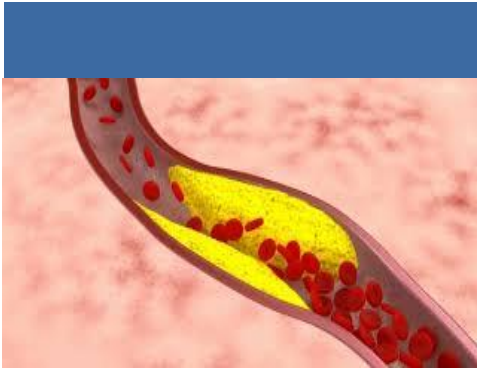


**when it's less
urgent than 999**

For more information about when to use this service and how it works you can visit the NHS website [here](#).



Coronary Heart Disease....are you at risk?



Coronary arteries become narrowed by a gradual buildup of fatty material within their walls

February was National Heart Month so Aim High Training teamed up with Sophie Jardine, Fundraising Volunteer Manager for the British Heart Foundation (BHF) to tell us more about Coronary Heart Disease.

There are many different heart conditions and problems. Together, we call them heart disease. They include [angina](#), [heart attack](#), [heart failure](#) and [abnormal heart](#)

[rhythms](#) - as well as many other conditions including [congenital heart disease](#) and [inherited heart conditions](#).

Coronary heart disease (CHD) is when your coronary arteries (the arteries that supply your heart muscle with oxygen-rich blood) become narrowed by a gradual build-up of fatty material within their walls.

In time, your arteries may become so narrow that they cannot deliver enough oxygen-rich blood to your heart.

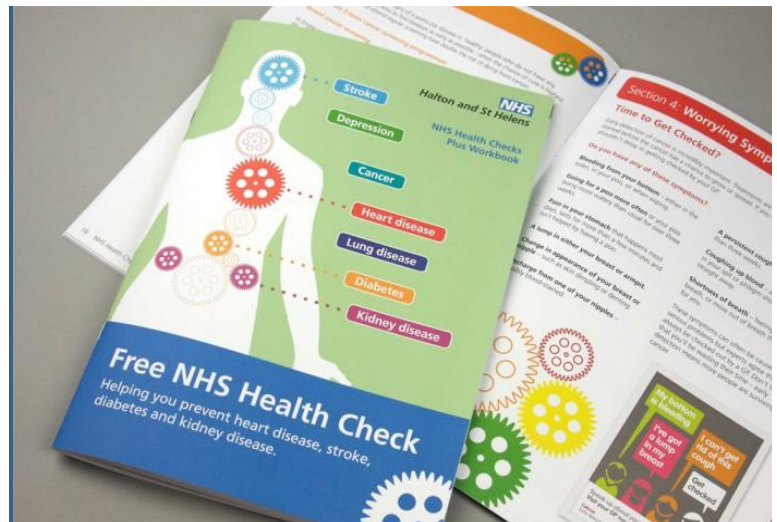
The pain and discomfort you may feel as a result is called [angina](#). If it blocks your coronary artery and cuts off the supply of oxygen-rich blood to your heart muscle, your heart may become permanently damaged. This is known as a [heart attack](#).

What increases my risk of CHD?

A [risk factor](#) is something that increases your likelihood of getting a disease. There are several risk factors for CHD. The main ones are:

- [Smoking](#)
- [High blood pressure](#)
- [High blood cholesterol](#)
- [Diabetes](#)

For more information about what you can do if you feel you're at risk you can continue reading our blog on [Coronary Heart Disease](#) and its affects.



The NHS provides a FREE Health Checks if you feel you are at risk.

"Having spent years and years attending different first aid courses for my career as a child minder, I can honestly say that I've never had as much fun as I did with you two ladies. I just wanted to say thank you for teaching me some new things and for making the past two days so relaxed and enjoyable!!"

Useful links

www.nhsdirect.nhs.uk

www.anaphylaxis.org.uk

www.asthma.org.uk

www.diabetes.org.uk

www.epilepsy.org.uk

www.meningitisnow.org

www.stroke.org.uk

*"First Aid Training
made Fun and
Affordable"*

School holidays Safety tips

The summer season of school holidays are closer than you think. You'll have some great things planned for the kids: holidays, days out etc but would you be confident in dealing with a first aid incident?

Have a look at our [top tips](#) for keeping children safe over the holidays.

If you would like to learn more about how to deal with a first aid related incident have a look at our [Parents First Aid courses](#) or contact us for more information.



Congratulations to the following.....

We would like to congratulate the following businesses, individuals and groups on successful completion of their first aid qualifications.....

- Zara Davidson and team
- Nicola Housley and friends
- Cavara Holdings
- Anna and her friends
- Aldenham Parish Council
- Shenley Parish Council
- Hayley Lewis and friends
- Wyndham Primary Academy
- St Quentin Residential Home
- Little Creations Derby
- Nigel Shaw and friends
- Yvonne and family
- Derby Women's Centre
- Katrina and friends

Keep up to date with Aim High and all things first aid related

