

Hash Tag First Aid



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Welcome to July's edition of Hash Tag First Aid

Welcome to the July edition of Hash Tag First Aid. We had some fantastic feedback from our first edition, thank you all very much! If you have any feedback or would like to read about something specific, please do let us know by emailing us info@aimhigh-training.co.uk. If you missed our April edition you can read it [here](#).

In this edition we are talking about Diabetes, Stroke and Summer Safety as

well as the usual congratulations to our new first aiders. If you have any pictures of you with your certificates, please send them to us!

Don't forget you can keep up to date with all things first aid and Aim high by liking us on [Facebook](#) and following us on [Twitter](#). We are also on [Google+](#), [LinkedIn](#) and have our very own [YouTube channel](#).

Have a great summer!

Annual Refresher courses & Open Course dates

Annual Refresher courses

Have your first aiders updated their skills recently?

First aid qualifications are valid for 3 years which is an extremely long time! Our [annual refresher courses](#) are delivered over 3 hours to up-date the most important skills and boost confidence. Contact us today to discuss these courses in more detail.

Open Course dates

South East Courses

Course dates will be announced in September, watch this space!!!

East Midlands Courses

[Level 2 Award in Emergency First aid at Work](#) is being held at the Rempstone Village Hall, Rempstone, Loughborough on:

Course 1 – 22nd, 29th and 6th October, 7.00pm – 9.30pm

Course 2 – 24th September, 9.30am – 5.30pm

Book your place today and receive an *early bird offer of just £75.00 (usual price £95.00)

*Early bird offer valid until August 29th 2014

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





The 4 T's of diabetes, the most common signs and symptoms of type 1 diabetes

A guide to Diabetes.....

AROUND 3.2 MILLION PEOPLE HAVE BEEN DIAGNOSED WITH DIABETES IN THE UK AND AN ESTIMATED 630,000 PEOPLE ARE LIVING WITH THE CONDITION BUT DO NOT KNOW IT!!!!

People with diabetes have too much glucose in their blood because their body can't use it properly. This is because their pancreas doesn't produce any insulin, enough insulin or the insulin that is produced does not work properly.

Insulin is a hormone that allows glucose to enter the body's cells so it can be used as energy to help us live our everyday lives. We get glucose from digesting carbohydrates and it

is also produced by the liver. If you have diabetes the glucose builds up in your blood and can't be used as energy!

To learn more about the different types of diabetes and how to recognise the symptoms you can carry on reading our article [here](#).

Act FAST, be aware of Stroke!

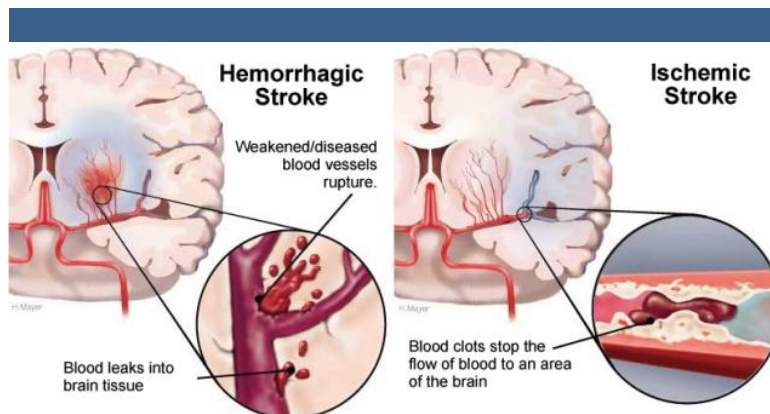
Every year there are approximately 152,000 strokes in the UK. That's one stroke every five minutes. Most people affected are over 65, but anyone can have a stroke, including children and babies.

Stroke happens when the blood supply to part of your brain is cut off. It can be caused by a **blockage** (Ischemic Stroke) in one of the blood vessels leading to the brain or a **bleed** (Hemorrhagic Stroke) in the brain.

Blood carries essential nutrients and oxygen to your brain. Without blood your brain cells can be damaged or destroyed. Strokes affect people in different ways, depending on the part of the brain that is affected, how widespread the damage is and how healthy the person was before the stroke.

A stroke can affect the way your body functions as well as your thought processes and how you feel and communicate. A stroke can also have an emotional impact and can cause problems such as anxiety, depression or changes to your personality.

To learn how to ACT FAST please continue reading our article [here](#).



© Heart and Stroke Foundation of Canada

The different types of Stroke

"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"**

Are you Summer Safe?

For some reason the summer holidays always attract hazards and A&E visits so we have written some great articles to help keep you and your family safe:

- [Summer Safety for you and your family](#)
- [Top 10 first aid tips](#)
- [Secondary drowning – What all parents should know](#)
- [Calling 999 / 112 – A parent's guide](#)



If you would like to learn more about dealing with emergencies why not complete one of our [Parents First Aid courses](#). Informal, friendly sessions delivered in the comfort of your own home or within a group setting.

Are you on **GROUPON**? Look out for our Parents First Aid course deal!!!!

We also have a dedicated Facebook page, [Parents First Aid – Tips from Aim High](#). Why not give us a Like and we will keep you up to date with all things first aid related.

Congratulations to the following new first aiders.....

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

- Beales Hotels Ltd
- Rebecca and family
- Smith Partnership
- Bryers Coffee House
- Chelle and friends
- Rosemary Lodge
- Gill Cooper and friends
- Mick Brown Demolition
- Kirsty Neale – Abbots Hill School
- Boogies Babies – baby sensory group
- Anna-Marie and friends
- Cavara Business Services Ltd
- Wooldridge Contractors
- Rickmansworth School (Year 8 – 12)

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

