

# Hash Tag First Aid



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## Welcome to April's edition of Hash Tag First Aid

Welcome to the April edition of Hash Tag First Aid.

In this edition we are talking about the policy changes affecting child care providers and the Level 3 Award in Emergency Paediatric and Paediatric First Aid course, how to recognize hay fever, Action for Stroke month in May, our open course dates 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!

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](mailto:info@aimhigh-training.co.uk). If you missed our November edition you can read it [here](#).

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](#).

Aimie and Bonnie

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

## Paediatric First Aid changes

In March of this year, after a review by the Department of Education it was announced that new nursery and pre-school staff will be required to undertake Paediatric First Aid training for the first time thanks to new government proposals.

You probably heard in the news of the tragic death of a little girl called Millie whilst at nursery in October 2012. Her parents put together a campaign and managed to get over a 100,000 signatures on an e-petition. The new changes will mean that new staff will have to complete either an Emergency Paediatric or the full Level 3 Paediatric First Aid course, a change that will add approximately 15,000 additional trained professionals.

The new training proposals will be discussed in parliament but are expected to come into effect from September 2016. The new proposals will cover all early years settings except childminders. For more information, please visit the [GOV.UK website](http://GOV.UK).



“While some of us celebrate the spring season, allergy sufferers across the UK dread the spring as it also brings the pollen and along with it, the discomfort of hay fever.”

## Allergy awareness – Hay fever

Allergy UK’s National Allergy Week takes place around this time each year to increase awareness of the largely unrecognised issues that face allergy sufferers every day. But all too often people don’t just suffer from one allergy.

In fact 10 million adults have two or more allergies meaning a reaction can be triggered by many different sources. National Allergy Week is designed to help allergy sufferers understand the triggers of the most common allergies and provide techniques to help manage their individual condition.

While some of us celebrate the spring season, allergy sufferers across the UK dread the spring as it also brings the pollen and along with it, the discomfort of hay fever.

[Read more....](#)

## Make May Purple for Stroke

Every year there are over 152,000 strokes in the UK. Stroke is usually thought of as affecting people over the age of 65 but it can affect anyone at any age.

We have written a very information (but quick to read) blog about how to recognize a Stroke and how to act FAST. You can read it [here](#).

For more information about how you can get involved with Action on Stroke month please visit the Stroke association website by clicking [here](#).

**There are over 152,000 Strokes each year in the UK....that’s ONE stroke every THREE AND A HALF MINUTES**

*“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](http://www.nhsdirect.nhs.uk)

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

[www.asthma.org.uk](http://www.asthma.org.uk)

[www.diabetes.org.uk](http://www.diabetes.org.uk)

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

[www.meningitisnow.org](http://www.meningitisnow.org)

[www.stroke.org.uk](http://www.stroke.org.uk)

**"First Aid Training  
made Fun and  
Affordable"**

## Workplace Open First Aid Courses dates April - July

We are running a variety of open course dates within the Derby and Loughborough areas over the next few months.

### Level 2 Award in Emergency First Aid at Work courses:

- Tuesday 5<sup>th</sup> May – Derby
- Wednesday 10<sup>th</sup> June - Loughborough
- Tuesday 7<sup>th</sup> July – Derby

### Level 3 Award in Paediatric First Aid course:

- Saturday 20<sup>th</sup> and 27<sup>th</sup> June – Loughborough

### Level 3 Award in First Aid at Work course:

- Thursday 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> May – Derby

### Level 3 Award in First Aid at Work Re-Qualification course:

- Wednesday 17<sup>th</sup> and 24<sup>th</sup> June - Derby

**Look out for our South East dates in our next issue!!!!**

## 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.....

- RammSanderson
- SCA Timber Supply Ltd
- Covance Clinical Services
- Zuzana and friends
- Fisher Outdoor leisure
- Barnet Community Association
- All our delegates who attended our open courses
- IRL Group Ltd
- Nottingham Ramblers Association
- Nottingham City Homes
- Ranksborough Polo Club
- Lisa and friends

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

