

First Aid and Mental Health Courses

Available to staff and parents / carers

Lancashire Adult Learning aims to provide learning opportunities for all adults across the region. As an independent organisation, we play a crucial role in moving society forward, reaching out and helping people everywhere within our boundaries to move on and up in their lives.

Every journey starts with a first step, so why not learn something new today?

Our first aid courses provide learners with the knowledge and basic lifesaving skills needed to effectively assess and treat someone who is not breathing. The skills include how to deliver cardiopulmonary resuscitation (CPR) on an adult, child and baby and how to access and use a defibrillator.

We have different types of first aid courses to choose from, explore the list below

Non Accredited courses:

Basic Awareness of Paediatric First Aid 2.5hrs x 1 session, Free
Essential First Aid Skills 6hrs x 1 session, Free

Courses with Qualifications :

L3 Award in Emergency Paediatric First Aid, 1 day, £46.50pp
L3 Award in Paediatric First Aid, 2 days, £125.00pp
L3 Award in Emergency First Aid at Work, 1 day, £46.50pp
L3 Award in First Aid at Work, 3 days, £185.00pp

We offer a variety of mental health wellbeing courses on offer to introduce learners to mental health and how they can identify supportive strategies. These include:

Courses with Qualifications:

L2 Award in Understanding Mental Health in the Workplace, 1 day, £46.50pp
L3 Award in Mental Health First Aid in the Workplace, 2 days £185.00pp

Courses are available to book direct through Lancashire Adult Learning. Bespoke classes can be arranged at your venue.

For more information use the QR code or contact :

