

Chardstock Parish Council

Community First Aid Course

Seventeen parishioners attended a day course in the Community Hall on Saturday 12th January.

The four hour course was led by Joe Rice, a trainer and firefighter from Okehampton who turned out to be an inspirational and very effective trainer.

With a break for lunch we covered first response including the recovery position and the effective use of CPR and a defibrillator. Later Joe took the group through an appropriate first response to common injuries.

Some of the comments from participants sum up the day:

We both feel a lot more comfortable with the thought of having to deal with an incident.

Thank you for organising yesterday's training session which I found to be both most helpful and enjoyable. The timing of the event was just right and Joe Rice's style of delivery was most engaging and informative.

Joe did an excellent job. His clear, logical instruction was delivered with humour and enthusiasm. I think he managed to dispel much of the fear associated with giving first aid and has boosted the confidence of students.

I found it excellent and very clear. I have not been to one of these that has been so good

Thanks to Joe for such a helpful and entertaining event. The Parish Council is interested to receive ideas about any shared community training opportunities that parishioners would value.

