



Programme Summary 2024

St John
Ambulance



Young Responders

Foreword

St John Ambulance has been helping people at the most vulnerable times in their lives for hundreds of years. **Our vision is that everyone who needs it should receive first aid** from those around them and while we continue to train and support our dedicated volunteers to provide care and compassion to the public in their time of need, we are equally passionate about educating communities and equipping them with the skills they need to stay safe and well.



Young people are an integral part of the communities in which they live and learn, helping to bring new ideas and perspectives to those around them. They take a central role in all of our work at St John Ambulance and it is our ambition that every young person under the age of 25 should learn first aid by 2025.

Our priority in the youth team is to expand our portfolio of programmes so that we can **engage with a broader demographic of young people** from more diverse backgrounds. Navigating the modern world and the effect of the pandemic has created an entirely different context that young people must now build the skills and knowledge to manage, as they develop capacity and resilience in their personal lives and wider communities.

The Young Responders programme will play a key role in recognising and responding to the issues most relevant to the lives of young people, as they explore physical and mental health challenges, through street violence scenarios and other interactive sessions.

I am delighted to be bringing the life-saving work of St John Ambulance to more young people so that they may learn vital skills that will help them manage their health and wellbeing and respond appropriately to health incidents in their local community.

Paul Evans

Paul Evans
Director of Youth and Education, St John Ambulance

Ask us why we want to train young life-savers

The Young Responders programme is the latest initiative developed by St John Ambulance to provide young people aged 11 to 25 years with the first aid skills and knowledge they need to respond appropriately to health incidents that they are experiencing.

Young Responders is designed to explore context-based scenarios in a Street First Aid programme that explores issues such as stabbing (catastrophic bleeds), drink spiking, drug and alcohol intoxication and mental health awareness.

The programme provides practical skills, relevant to the lives of young people; helping them to recognise risk and safely manage their own health needs, as well as those in their communities.

Since 2020, first aid has been a statutory requirement of the national curriculum in England. The Young Responders programme provides a great opportunity to offer this learning to young people.



Ask us how we are increasing engagement

Youth Engagement

St John Ambulance is keen to reach more young people and help them to gain vital knowledge and skills to become the next generation of lifesavers, empowering them and their communities to thrive.



Diversity

We are working hard to engage with young people from more diverse backgrounds who may be at risk of marginalisation because of a range of different circumstances. We want to give them the confidence to shape a healthy future.

Ask us who is a Young Responder

1

Not in Employment, Education or Training

Young people aged 11 to 25 who are not in employment, education or training

2

Young Carers

Young people aged 11 to 25 who have caring responsibilities for family members or friends

3

Care Experienced

Young people aged 11 to 25 who are currently in care or have previously been in care

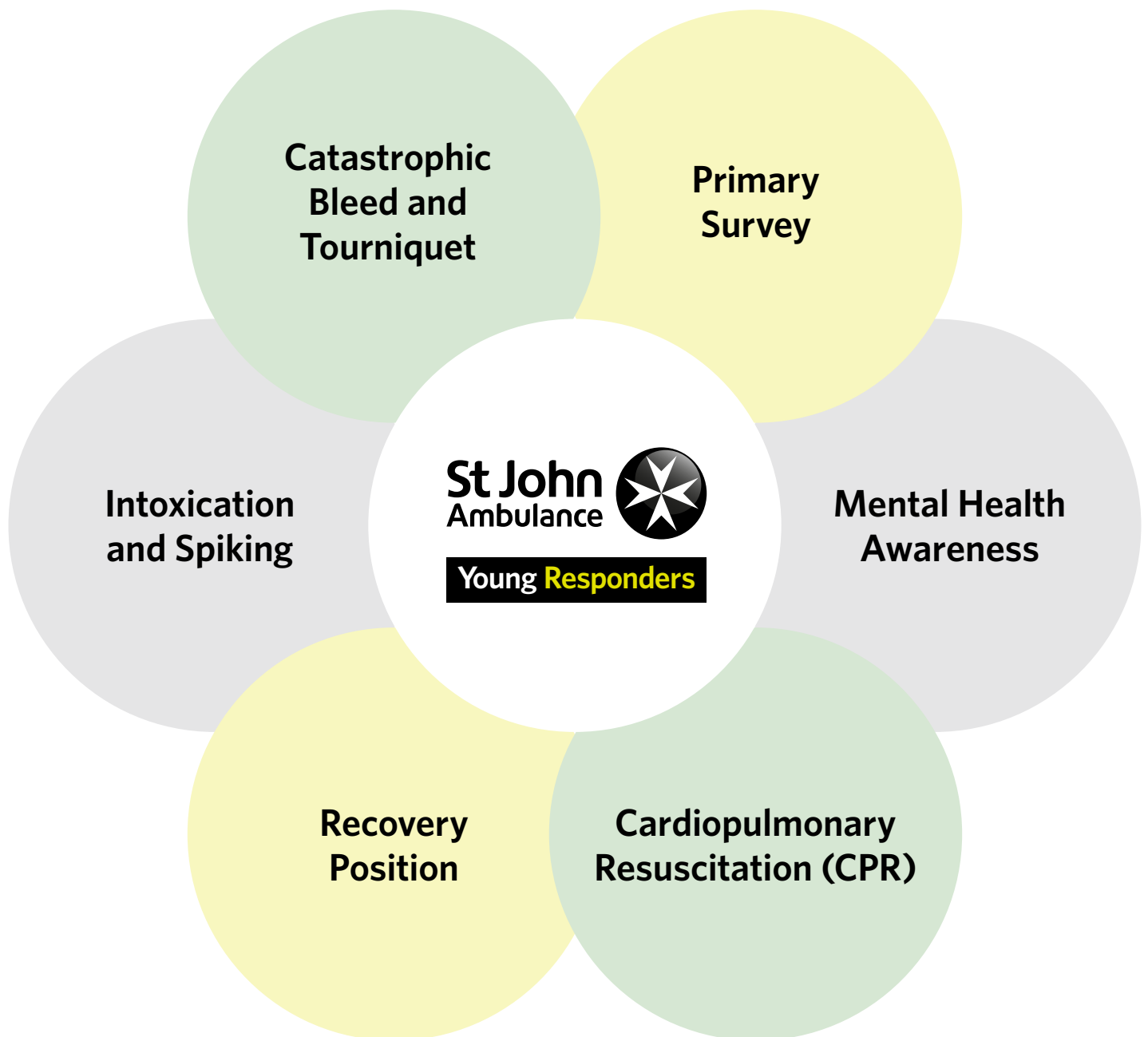
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Street Violence

Young people aged 11 to 25 who are involved in or at risk of exposure to street violence

Young Responders **Street First Aid**

Young people will be immersed in a narrative that is **designed to put risk into context and provide hands-on practice** in Street First Aid



Delivery can take place in a **60, 90 or 120 minute session**.
Content will vary accordingly

Ask us what impact Young Responders will have on young people

1

First Aid Skills

See the value of first aid in daily life. Learn how to create a tourniquet, provide CPR and put someone in the recovery position.



2

Safety and Wellbeing

Recognise danger and ensure the safety and wellbeing of themselves and others.

3

Seeking Help

Understand when it is necessary to seek help and how to do so successfully.

4

Incident Response

Acquire the knowledge and skill to respond appropriately to a health incident.

5

Community Development

Learn skills that are relevant to the lives of young people and their communities.

6

Confidence

Recognising and developing confidence in their own strengths and assets.

7

Positive Relationships

Develop positive and supportive relationships with other young people.

8

Opportunity

Awareness of and support to access further opportunities to develop first aid skills.

“ Being a Young Responder has helped me to learn new skills and meet new people. ”

Ask us what impact Young Responders will have on your community

Young people can embed and develop their skills in many ways:

**Join a local
St John Ambulance unit**

**Participate in additional
first aid training**

**Explore other
programmes and
volunteer opportunities**

**Become a Community
Champion and promote
the programme**

Ask us how Young Responders will be delivered



Where and When

Young Responders sessions are running throughout 2024 in London, the West Midlands and the North East of England. Our team will work with you to find a suitable date and time.



Session Content

Young people will learn street first aid skills including CPR, recovery position, primary survey, dealing with a catastrophic bleed, intoxication and mental health awareness.



Session Length

Young Responders sessions can take place as part of a lesson or specific intervention of 60, 90 or 120 minutes.



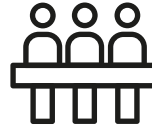
Age Group and Ability

Young Responders is aimed at young people aged 11 to 25 years. Sessions are inclusive and can be adapted to support additional needs and disabilities. No prior knowledge of first aid is required.



Timetable and Group Size

Sessions can be delivered in a classroom, school hall or community venue during the school day or in the school holidays, evenings or weekends for 8 to 30 young people



Staff

Each session will be delivered by one St John Ambulance facilitator who will provide the first aid knowledge and resources to deliver the session effectively.

Approved staff should be present throughout the session in line with our safeguarding policy.

The facilitator is not responsible for the students, and we reserve the right to decline or withdraw from the session if suitable supervision is not provided throughout.

It is also important for someone to be present that the students recognise in case they become uncomfortable with any of the topics discussed.

Staff do not require any first aid knowledge or experience to support a session.



Resources

St John Ambulance will provide all the resources needed for the session. We require a space to demonstrate, a couple of tables and some chairs, paper and pencils. If available, a screen or whiteboard would be helpful.



Achievement

Young Responders is not an accredited first aid course, but every young person who attends a session will receive a digital certificate of attendance.




Cost

Young Responders is a fully funded programme so there is no cost to you.

Young Responders **FAQs**


How do I book a session?

Use the details at the back of this brochure to contact our Regional Co-ordinators




How do you store information?

All information is stored in line with St John Ambulance Data Protection and UK GDPR regulations. You can find our privacy policy here sja.org.uk/privacy-policy



Will you take photos and videos in the session?

We like to take photos and video footage in sessions, but only with media consent from the individual if over 16 or from parents/ guardians if under 16. We will provide a media consent form ahead of sessions.



What if I need to change arrangements or cancel?

Contact our Co-ordinators to let us know as soon as possible, with a minimum of 48 hours' notice and we will make every effort to alter arrangements if we can.

Want to **find out more** about St John Ambulance



Youth

We believe all young people should have the opportunity to learn life-saving skills, so we offer a range of programmes to help them learn first aid, build their confidence and make new friends. Find out more about the different ways young people can start their journey with us [here](#).



Volunteering

Thousands of St John Ambulance volunteers support our life-saving work across the UK, delivering first aid at local and national events, providing emergency vehicles to transport patients. Find out about the difference they make [here](#).



First Aid

We are the UK's leading provider of first aid training and supplies. If your staff would benefit from first aid training, find out more about our [courses](#) and download our [First Aid App](#).



Fundraising

We couldn't do all of our vital work without the support of the generous people who fundraise for St John Ambulance. If you would like to get involved, you can find out more about fundraising opportunities [here](#).



Book your **FREE**
session today

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