

RISE Learn first aid and leadership skills with RISE

RISE is an exciting project designed and led by young people, for young people.

Created by St John Ambulance, the nation's leading first aid charity, the project has been running since 2009, and is now available in communities across the country.

If you're aged between 16 and 25 years old, and are **not in employment, education or training**, RISE could help you learn new skills, and improve your prospects. The project's not just for the under 25s, though - contact the RISE office to find out if you're eligible to get involved.

What you'll learn

St John Ambulance believes that everyone should have access to first aid, and we are dedicated to equipping as many people as possible with the skills to be the difference between life and death.

As a participant you'll learn first aid through our Stick-it sessions, and also get the opportunity to develop new skills, giving you the confidence to train others in your community, or the qualifications in youth leadership you need to get your career up and running.



'First aid empowered me to save a life. I'm so glad RISE gave me the chance to learn this vital skill.'

Kurt Oluwatobi - RISE participant and first aid life saver



'I'd recommend RISE to anyone who wants to go into youth work.'

Christine Tama, RISE participant

Choosing the right path for you

At the heart of the RISE project is a commitment to peer to peer learning - as well as being taught first aid, you'll be given the skills and guidance to pass your knowledge onto other people in your community. RISE offers you the chance to gain a range of qualifications which will look great on your CV, and to choose a path that helps you make the most of your talents.

Stick-it

Level: introductory

Our one-day introduction to first aid, focusing on gun and knife related injuries. You'll find out how to manage an incident and learn some of the most commonly needed first aid skills. This course is delivered by young people, for young people.

First aid

Level: introductory

You'll focus on CPR, bleeds and dealing with an emergency situation on this six-hour course.

Keeping Children Safe

Level: Basic

A course designed for those who come into contact with children through their work or leisure activities. This short programme works by helping individuals to understand the unique role they play in keeping children safe from harm.

Out, about and overnight

Level: Basic

This one-day course looks at the necessary requirements to work with young people off-site.

Essential skills in youth work

Level 2 (equates to GCSE grades A-C)

This course provides an introduction to St John Ambulance and is the minimum qualification for a youth leadership role within the organisation. The course comprises:

- Essential skills in youth work (8 hours)
- Keeping children safe (2 hours)
- Direct work with young people (10 hours)
- First aid qualification (4 hours).

With support from:



RISE

Three steps to unlock your potential

Get involved with RISE, the exciting scheme from St John Ambulance, the nation's leading first aid charity.

Step 1

Learn first aid

At our



sessions, you'll learn first aid skills like **CPR** that could be **the difference** between life and death in an emergency



Step 2

Choose your development pathway

Develop your skills on the **youth pathway.**

Join a St John Ambulance unit in your area, where you'll get to cover subjects like:



- **first aid**
- **peer education** (BTEC level 2)
- **delivering first aid**
- **team building**
- **leadership skills**
- **radio communications.**



Gain qualifications on the **youth leader pathway.**

18 or over? Learn the skills to become a youth leader. Courses include:



- **first aid**
- **child and vulnerable adult protection**
- Accredited qualifications in **Essential skills in youth work** and **Leadership skills in youth work.**



Step 3

Give something back!

Once you've completed the **youth leader pathway**, we'll support you in setting up your own youth/Cadet unit, where you'll be able to **hold Stick-it sessions** and **lead other young people** through a range of personal development opportunities.