



New Parents attend our free course on first aid held in Cambridge

News from Norvic

Open Courses in 2012

Moving and Handling Courses

We are pleased to announce that, due to demand, we are now planning to run open courses in this subject every month.

First Aid Courses

We are happy to report that our open courses in first aid proved to be very popular this year with many courses selling out. In order to meet the needs of our clients we are planning to increase the number of open courses we run in 2012. We plan to alternate between holding both an Emergency First Aid at Work and a First Aid at Work Requalification course one month and a three day First Aid at Work every other month.

We will continue to run First Aid courses at our sites in King's Lynn and Cambridge as these have both proved to be highly popular.

Courses launched this year.

This year we launched Tissue Viability, Phlebotomy and our highly popular Care Home Induction course as open courses. I am pleased to confirm that we will continue to run these sessions throughout 2012.

To sign up to our E-newsletter simply send a request to gill.perks@norvictraining.co.uk

HSE accredited
First Aid courses

Basic Life Support

Patient Handling
Techniques

Phlebotomy

Rescue from
Ligature

Management of
Acute Anaphylaxis

Epilepsy Awareness

Advisory External
Defibrillation

Oxygen
Administration

Infection Control

Food Safety

EMT

Care Home
Induction

Report Writing

Awareness of
Dementia





Revamped Fire Safety Course

How many times have you or your staff attended a fire awareness course?

Do you feel it is just the same old thing?

Well we sympathise and for that reason have revamped our short awareness course. The problem is that unless it is fire fighting training, using different types of extinguisher (few workers need this) it can be difficult to maintain interest in a subject that can save lives.

Our course is now interactive, making it easier for delegates to get more engaged with the subject. Where ever you work you have a duty to ensure the safety of anyone who may be in your building when the alarm sounds.

We cover false alarms and the impact they have plus actions when discovering a fire. Next comes the new bit, delegates are split into groups with a laminated floor plan of a building (can be your own work place if you can let us have a plan).

They will then be given a scenario stating where the fire is, who is in the building, any known mobility difficulties and disabilities, and their task is to come up with a safe, effective evacuation solution. Once completed the groups discuss their solution with the other groups.

We have found this to be a more enjoyable way to get across the importance of a good evacuation plan, without the disruption of full fire evacuation drills.

Scenario-based First Aid

"Oh no, not sure I am ready" – just finished your first aid course, now expected to put your new found skills to use? Well help is at hand.

Norvic training have put together a practical scenario course designed for first aiders wanting to practice in a realistic setting.

We are working with companies to put real life scenarios together in their own workplace we then ask the first aiders to respond to the scene and deal with it.

Casualties are made up to look like the real casualties you might face. Scenarios already developed are: bleed from abdomen, cardiac arrest, fractured limbs plus of course, common sprains and strains from activities such as manual handling in the workplace.

This has been an exciting project to work on and we are sure it will be an interesting experience for our delegates.

If you would like to discuss how scenario-based first aid training could benefit your company do contact us .



Nutrition Training

We are pleased to be launching a nutrition course in 2012 entitled Nutrition and the Older Person. Aims of the half day are to:

- Highlight some of the nutritional factors which put older people at risk of malnutrition
- Highlight consequences of malnutrition in the older person
- Teach how to identify which factors put older people at risk of malnutrition
- Teach how to identify and assess patients at risk of malnutrition
- Teach how to provide nutrition support for older people

On **25th April** we will be holding our first study day at Drayton Old Lodge. The idea of the event is to build on the half day course and include:

- Malnutrition Universal Screening Tool (MUST)
- Explanation of Dysphagia - DYS (difficulty) PHAGIA (to eat)
- Chef on hand to demonstrate the effective use of liquid foods formed into an attractive meal using moulds.

Contact us now to guarantee your places.

Norvic Community Project News

Free First Aid Course for New Parents

On Wednesday 11th January we were excited to be holding our free event for new parents.

The aim of the day was to teach some key areas of first aid for babies such as resuscitation and choking and to answer questions regarding first aid for new parents. We were hoping to calm worried parents and provide plenty of practical advice.

The day was a great success and plenty of fun as we were delighted to be joined by lots of babies!

We asked the new parents what they thought of the course:

"Very useful and practical course. I hope I will never have to do any resuscitation but knowing when it can happen and how to deal with it somehow makes it a bit less scary."

"It wasn't nice to face the thought of these situations arising but much better to be prepared than feel helpless. All the staff were really friendly and reassuring and very receptive to the needs of us parents on the day".

We intend to offer the two hour sessions for ten delegates to attend priced at £200 - do visit our website for further information.



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Norvic Community Project Campaign

As you may be aware we have been running a campaign to raise funds for a local group of First Responders. The money is to be used to allow them to purchase a defibrillator. Trainers have been busily selling facemask key rings used in resuscitation with all profits going towards this great cause. We hope that we will shortly be able to handover a cheque for the full cost of a defibrillator. Facemasks, priced at £2.50, can still be purchased - contact us for details.

Contract with the NHS in London

We are very pleased to announce that we were recently awarded with a contract to deliver First Aid training for an NHS Foundation Trust based in the London area. We currently deliver training across the UK with the vast majority of our clients based in East Anglia. We hope to increase the amount of training we deliver outside of this area throughout 2012.

New Course Being Developed Due to Demand - PALLIATIVE CARE

Course will cover areas including:
Acceptance of loss
Supporting individuals with life limiting conditions
Spiritual needs

Would this course be useful to you? Do let us know your thoughts.

Open course venues
Do you know that we regularly run open courses in Cambridge and King's Lynn? Call us to book your places.

Testimonials

"Would always recommend Norvic - another great course"

"Superb course. The best I have attended. I feel much more confident about using the first aid procedures covered and I am sure I will retain all the information - excellent."

"Good course, refreshing content. Good value for money compared to other training providers"

"The use of video clips and interactive whiteboard really helped. The course was a good pace and the content was made interesting. It's the most enjoyable First Aid course I have attended in 20 years."

"I have been doing First Aid for 33 years and it was the best course I have been on."

"The trainer was excellent. He gave a really good feel of 'real life' situations. I feel a lot more confident because of this - many thanks."

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For all our latest news and course dates visit our website www.norvictraining.co.uk

