

ST ANDREW'S FIRST AID READY FOR LIFE



Impact Report

WHAT IS READY FOR LIFE?

Ready for Life is a 2 day course which provides participants with qualifications and life skills in Emergency First Aid at Work (SCQF6) and First Aid for Mental Health Awareness (SCQF4). The course equips participants with transferable skills for their future, as well as building confidence, a sense of achievement, and community resilience.

FRAMEWORK ALIGNMENTS

All training supports the following:

- The National Performance Framework, Scotland
- Career Education Standards 3-18
- Getting It Right For Every Child (GIRFEC) Scotland
- Curriculum for Excellence and the Four Capacities
- Local Authority Plans*

*depending on local authorities this may vary.

NOTABLE STATISTICS

60%

Schools reported young people gaining employment within 3 months

100%

Young people used qualifications on CV or further study applications

84%

Young people said they would share what they learned with friends/family



WHAT MATTERED TO PARTICIPANTS



EDUCATORS COMMENTS

[This course provided an] opportunity for pupils who had a lack of ability or engagement in normal school activities to **achieve qualifications** and **confidence** in a practical setting. (Teacher, 2022)

Achieving the SCQF Level 6 is significant for us as a few pupils may never achieve this level qualification in one of our academic subjects as they don't engage as much with school. But to see how much **fun** they had with this course was phenomenal. Many of our pupils have asked if we can book again. (Teacher, 2023)

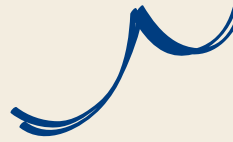
The fact that the young people receive the **important life skills** and it also adds some awards to their **CV** to add to those gained through school exams is great. (Teacher, 2022)

It's a really **high level course** that was far more **accessible** to these young people than most others would be! So a great, practical opportunity for them to **achieve** successfully. (Teacher, 2023)

The pupils **enjoyed the experience** and got a lot from the training day. They are now **participating in a school mental health group** and making plans to be more involved with **mental health provision** to the wider school population. (Teacher, 2022)

We are looking at ways to use this [**mental health**] training in the school community. (Teacher, 2022)

Case Study - participant story



The young person who benefited the most from the Ready for Life programme in our school was a female student in S6 who had several additional support and physical needs that affected her whole school life. This young person was keen to learn skills for life and she was very much interested in trying the programme. This young person felt that the programme allowed her to achieve something that she did not think was possible and it also had a positive impact on the relationships with her peers who were also present.

This young person is an advocate for mental health awareness and she felt that this programme equipped her with the necessary knowledge and understanding to continue her aim to promote mental health and the importance of knowing when you need to speak up. She feels that as a Mental Health First Aider, she is now able to deal with situations with more compassion and sympathy and take time to listen to those who need her at that point in time. This young person, before their transition onto a sustained positive destination (full-time employment in retail) highlighted the importance of both physical and mental health first aid in the school through promotional posters – e.g. she led a group of BGE pupils in S3 to create “It’s OK not to be OK” posters and displayed them around the school community.

The Ready for Life programme allowed the young person to develop their soft skills development, particularly with her confidence interacting with her peers and it helped with her leadership skills and taking responsibility for organising different activities, especially for the younger students in the school.

I firmly believe that this young person was positively influenced by the Ready for Life programme and it was a benefit for her to display this accreditation on her C.V which, in turn, allowed her to look for employment opportunities in the area.

These skills for life are beneficial and crucial, particularly in these days and also with Inverclyde having a high-risk of a cardiac event happening (which was mentioned at the last Resuscitation Council Conference). These skills do not only save lives, they develop a young person so that they can reach their maximum potential.

From: Teacher at Secondary School




We couldn't have
done it without your
generous *support.*


Thank you
to all our sponsors
and funders to date.


If you would like to sponsor us
financially to deliver this course
for free in schools and
employability settings please
get in touch.



 community@firstaid.org.uk

 www.firstaid.org.uk

 0141 332 4031

 St Andrew's First Aid,
48 Milton Street, Glasgow
G4 0HR

LENG CHARITABLE TRUST

