Introduction to Outdoor First Aid

Monday 19th October 2026
7:15pm – 9:30pm (includes a tea & biscuit break)
Priory Church, Newham Avenue, Bedford, MK41 9QJ
Free (with a voluntary collection for St John Ambulance)

Ivel Valley members have an opportunity to join a hands-on workshop led by Steve Crome of St John Ambulance. This practical session is designed to give you the confidence to manage outdoor emergencies.

What you will learn:

Common Injuries: Managing blisters, bites, stings, dehydration, hypo- and hyperthermia.
Life-Saving Protocols: A 1-hour practical session covering DRABC, adult CPR (cardiac compressions and mouth-to-mouth), and child adaptations.
Critical Care: Handling serious or catastrophic bleeding, managing choking, and making effective 999 calls.

Places are limited, please text Roger on 07989307046 to reserve yours.