

# Essex First Aid Programme

***November 2025 to April 2026***

Course	Time	Date	Suggested Location
<b><u>Important Notice regarding First Response Blended</u></b>			
<p>From 1 January 2026 the maximum time between the start of this blended course (Part 1) and its completion (Part 3) will be 3 months. The current 6 months given to complete this blended course was put in place during the pandemic when there were restrictions regarding course delivery.</p>			
There are a number of options for leaders to gain their first aid certificates as follows:			
<ol style="list-style-type: none"> <li><b>First Response</b> – completed either as a full one day course or blended in 2 or 3 parts. Part 1 elearning followed by Part 2 Theory and Part 3 being the practical assessment. All parts of First Response blended to be completed within a maximum of 3 months.</li> <li><b>External courses or external qualifications.</b> For example certain health care professionals would only be required to do a small element or none at all. This would also include volunteers who are involved with St John Ambulance, British Red Cross etc. External certificates for example First Aid at Work or Emergency First Aid at Work would need a conversion which can be done either by elearning or one-to-one with an Essex County First Aid Trainer and may need a practical assessment.</li> <li><b>Volunteers who also hold a role in Girl Guiding</b> can use the same First Response certificate in either organisation and can obtain the learning through either organisation.</li> </ol>			

Course	Time	Date	Suggested Location
<b>November</b>			
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	18:30 to 19:00	7-Nov-25	Kings Road URC, Southend
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	18:30 to 19:10	7-Nov-25	1 <sup>st</sup> /2 <sup>nd</sup> Parkeston HQ, Dovercourt
<b>First Response</b> – Full course	10:00 to 16:00	8-Nov-25	Snow Farm Scout HQ, Harlow
<b>First Response</b> – Blended Parts 2 & 3 Theory and Practical	18:15 to 21:15	10-Nov-25	Birchanger HQ, Nr Stansted
<b>First Response</b> – Full course	09:30 to 16:30	15-Nov-25	Maldon Scout Hut
<b>First Response</b> – Full course	09:30 to 16:00	15-Nov-25	Saffron Walden
<b>First Response</b> – Full course	09:00 to 16:00	16-Nov-25	1 <sup>st</sup> Writtle Scout HQ, Chelmsford
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	09:15 to 09:45		
	11:15 to 11:45		

Course	Time	Date	Suggested Location
<b>November continued</b>			
<b>First Response</b> - Blended Parts 2 & 3 Theory and Practical	14:00 to 17:30	16-Nov-25	Southend Estuary District HQ
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	09:15 to 09:45	16-Nov-25	1 <sup>st</sup> Grays HQ
<b>First Response</b> – Full course	10:00 to 16:00		
<b>First Response</b> – Full course	09:30 to 16:30	23-Nov-25	4 <sup>th</sup> Epping HQ
<b>First Response</b> – Full course	10:00 to 16:00	23-Nov-25	9 <sup>th</sup> Basildon HQ
<b>First Response</b> - Blended Part 2 Theory Zoom	19:00 to 22:00	24-Nov-25	Virtual
<b>First Response</b> – Full course	09:15 to 16:15	29-Nov-25	1 <sup>st</sup> Stanway HQ, Colchester
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	16:20 to 17:00		
<b>December</b>			
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	18:30 to 19:00	1-Dec-25	Kings Road URC, Southend
<b>First Response</b> – Blended Parts 2 & 3 Theory and Practical	18:15 to 21:15	3-Dec-25	Birchanger HQ, Nr Stansted
<b>First Response</b> – Full course	09:15 to 16:15	13-Dec-25	1 <sup>st</sup> Stanway HQ, Colchester
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	16:20 to 17:00		
<b>First Response</b> - Blended Parts 2 & 3 Theory and Practical	14:00 to 17:30	13-Dec-25	Kings Road URC, Southend
<b>First Aid (16+ course)</b> Outdoor First Aid at Work (blended course) which includes an online theory pre-requisite	09:00 to 16:30	13-Dec-25	1 <sup>st</sup> Writtle Scout HQ, Chelmsford
	09:00 to 16:30	14-Dec-25	
<b>First Response</b> - Blended Part 2 Theory Zoom	19:00 to 22:00	16-Dec-25	Virtual
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	18:30 to 19:00	23-Dec-25	Kings Road URC, Southend
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	18:30 to 19:00	30-Dec-25	Kings Road URC, Southend

Course	Time	Date	Suggested Location
<b>2026</b>			
<b>January</b>			
<b>First Response</b> – Full course	09:30 to 16:00	10-Jan- 26	Saffron Walden
<b>First Response</b> - Blended Parts 2 & 3 Theory and Practical	14:00 to 17:30	17-Jan- 26	Kings Road URC, Southend
<b>First Response</b> – Full course	09:00 to 16:00	18-Jan- 26	1 <sup>st</sup> Writtle Scout HQ, Chelmsford
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	09:15 to 09:45 11:15 to 11:45		
<b>First Response</b> – Full course	10:00 to 16:00	18-Jan- 26	1 <sup>st</sup> Grays HQ
<b>First Response</b> – Blended Parts 2 & 3 Theory and Practical	18:15 to 21:15	21-Jan- 26	Birchanger HQ, Nr Stansted
<b>First Response</b> – Full course	10:00 to 16:00	25-Jan- 26	9 <sup>th</sup> Basildon HQ
<b>First Response</b> - Blended Part 2 Theory Zoom	19:00 to 22:00	28-Jan- 26	Virtual
<b>First Response</b> – Blended Parts 2 & 3 Theory and Practical	09:30 to 13:00	31-Jan- 26	1 <sup>st</sup> Stanway HQ, Colchester
<b>February</b>			
<b>First Response</b> – Full course	09:15 to 16:15	1-Feb- 26	1 <sup>st</sup> Stanway HQ, Colchester
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	16:20 to 17:00		
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	18:30 to 19:00	4-Feb- 26	Kings Road URC, Southend
<b>First Response</b> - Blended Parts 2 & 3 Theory and Practical	14:00 to 17:30	14-Feb- 26	Kings Road URC, Southend
<b>First Response</b> – Blended Parts 2 & 3 Theory and Practical	18:15 to 21:15	16-Feb- 26	Birchanger HQ, Nr Stansted
<b>First Response</b> – Full course	09:15 to 16:15	28-Feb- 26	1 <sup>st</sup> Stanway HQ, Colchester
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	16:20 to 17:00		
<b>March</b>			
<b>First Response</b> - Blended Part 2 Theory Zoom	19:00 to 22:00	5-Mar- 26	Virtual
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	18:30 to 19:00	12-Mar- 26	Kings Road URC, Southend

Course	Time	Date	Suggested Location
<b>March continued</b>			
<b>First Response</b> – Full course	09:30 to 16:00	14-Mar- 26	Birchanger
<b>First Response</b> – Full course	09:15 to 16:15	21-Mar- 26	1 <sup>st</sup> Stanway HQ, Colchester
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	16:20 to 17:00		
<b>First Response</b> – Full course	10:00 to 16:00	21-Mar- 26	1 <sup>st</sup> Grays HQ
<b>First Response</b> – Full course	09:00 to 16:00	22-Mar- 26	1 <sup>st</sup> Writtle Scout HQ, Chelmsford
<b>First Response</b> - Blended Part 3 Practical or External course CPR check	09:15 to 09:45		
	11:15 to 11:45		
<b>First Response</b> – Blended Parts 2 & 3 Theory and Practical	18:15 to 21:15	25-Mar- 26	Birchanger HQ, Nr Stansted
<b>April</b>			
<b>First Response</b> – Blended Parts 2 & 3 Theory and Practical	09:30 to 13:00	11-Apr- 26	Tendring District Scout Centre, Clacton
<b>First Response</b> – Full course	10:00 to 16:00	11-Apr- 26	1 <sup>st</sup> Grays HQ
<b>First Response</b> – Full course	09:30 to 16:00	18-Apr- 26	Birchanger
<b>First Response</b> – Blended Parts 2 & 3 Theory and Practical	18:15 to 21:15	20-Apr- 26	Birchanger HQ, Nr Stansted