

Essex First Aid Programme

November 2025 to April 2026

| Course | Time | Date | Suggested Location |
|--|------|------|--------------------|
| <p><u>Important Notice regarding First Response Blended</u></p> <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> <p>There are a number of options for leaders to gain their first aid certificates as follows:</p> <ol style="list-style-type: none"> First Response – 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. External courses or external qualifications. 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. Volunteers who also hold a role in Girl Guiding can use the same First Response certificate in either organisation and can obtain the learning through either organisation. | | | |

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

| Course | Time | Date | Suggested Location |
|--|----------------|-----------|--|
| November continued | | | |
| First Response - Blended Parts 2 & 3 Theory and Practical | 14:00 to 17:30 | 16-Nov-25 | Southend Estuary District HQ |
| First Response - Blended Part 3 Practical or External course CPR check | 09:15 to 09:45 | 16-Nov-25 | 1 st Grays HQ |
| First Response – Full course | 10:00 to 16:00 | | |
| First Response – Full course | 09:30 to 16:30 | 23-Nov-25 | 4 th Epping HQ |
| First Response – Full course | 10:00 to 16:00 | 23-Nov-25 | 9 th Basildon HQ |
| First Response - Blended Part 2 Theory Zoom | 19:00 to 22:00 | 24-Nov-25 | Virtual |
| First Response – Full course | 09:15 to 16:15 | 29-Nov-25 | 1 st Stanway HQ, Colchester |
| First Response - Blended Part 3 Practical or External course CPR check | 16:20 to 17:00 | | |
| December | | | |
| First Response - Blended Part 3 Practical or External course CPR check | 18:30 to 19:00 | 1-Dec-25 | Kings Road URC, Southend |
| First Response – Blended Parts 2 & 3 Theory and Practical | 18:15 to 21:15 | 3-Dec-25 | Birchanger HQ, Nr Stansted |
| First Response – Full course | 09:15 to 16:15 | 13-Dec-25 | 1 st Stanway HQ, Colchester |
| First Response - Blended Part 3 Practical or External course CPR check | 16:20 to 17:00 | | |
| First Response - Blended Parts 2 & 3 Theory and Practical | 14:00 to 17:30 | 13-Dec-25 | Kings Road URC, Southend |
| First Aid (16+ course) Outdoor First Aid at Work (blended course) which includes an online theory pre-requisite | 09:00 to 16:30 | 13-Dec-25 | 1 st Writtle Scout HQ, Chelmsford |
| | 09:00 to 16:30 | 14-Dec-25 | |
| First Response - Blended Part 2 Theory Zoom | 19:00 to 22:00 | 16-Dec-25 | Virtual |
| First Response - Blended Part 3 Practical or External course CPR check | 18:30 to 19:00 | 23-Dec-25 | Kings Road URC, Southend |
| First Response - 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 |
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| 2026 | | | |
| January | | | |
| First Response – Full course | 09:30 to 16:00 | 10-Jan-26 | Saffron Walden |
| First Response - Blended Parts 2 & 3 Theory and Practical | 14:00 to 17:30 | 17-Jan-26 | Kings Road URC, Southend |
| First Response – Full course | 09:00 to 16:00 | 18-Jan-26 | 1 st Writtle Scout HQ, Chelmsford |
| First Response - Blended Part 3 Practical or External course CPR check | 09:15 to 09:45 | | |
| | 11:15 to 11:45 | | |
| First Response – Full course | 10:00 to 16:00 | 18-Jan-26 | 1 st Grays HQ |
| First Response – Blended Parts 2 & 3 Theory and Practical | 18:15 to 21:15 | 21-Jan-26 | Birchanger HQ, Nr Stansted |
| First Response – Full course | 10:00 to 16:00 | 25-Jan-26 | 9 th Basildon HQ |
| First Response - Blended Part 2 Theory Zoom | 19:00 to 22:00 | 28-Jan-26 | Virtual |
| First Response – Blended Parts 2 & 3 Theory and Practical | 09:30 to 13:00 | 31-Jan-26 | 1 st Stanway HQ, Colchester |
| February | | | |
| First Response – Full course | 09:15 to 16:15 | 1-Feb-26 | 1 st Stanway HQ, Colchester |
| First Response - Blended Part 3 Practical or External course CPR check | 16:20 to 17:00 | | |
| First Response - Blended Part 3 Practical or External course CPR check | 18:30 to 19:00 | 4-Feb-26 | Kings Road URC, Southend |
| First Response - Blended Parts 2 & 3 Theory and Practical | 14:00 to 17:30 | 14-Feb-26 | Kings Road URC, Southend |
| First Response – Blended Parts 2 & 3 Theory and Practical | 18:15 to 21:15 | 16-Feb-26 | Birchanger HQ, Nr Stansted |
| First Response – Full course | 09:15 to 16:15 | 28-Feb-26 | 1 st Stanway HQ, Colchester |
| First Response - Blended Part 3 Practical or External course CPR check | 16:20 to 17:00 | | |
| March | | | |
| First Response - Blended Part 2 Theory Zoom | 19:00 to 22:00 | 5-Mar-26 | Virtual |
| First Response - 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 |
|---|----------------|-----------|--|
| March continued | | | |
| First Response – Full course | 09:30 to 16:00 | 14-Mar-26 | Birchanger |
| First Response – Full course | 09:15 to 16:15 | 21-Mar-26 | 1 st Stanway HQ, Colchester |
| First Response - Blended Part 3 Practical or External course CPR check | 16:20 to 17:00 | | |
| First Response – Full course | 10:00 to 16:00 | 21-Mar-26 | 1 st Grays HQ |
| First Response – Full course | 09:00 to 16:00 | 22-Mar-26 | 1 st Writtle Scout HQ, Chelmsford |
| First Response - Blended Part 3 Practical or External course CPR check | 09:15 to 09:45 | | |
| | 11:15 to 11:45 | | |
| First Response – Blended Parts 2 & 3 Theory and Practical | 18:15 to 21:15 | 25-Mar-26 | Birchanger HQ, Nr Stansted |
| April | | | |
| First Response – Blended Parts 2 & 3 Theory and Practical | 09:30 to 13:00 | 11-Apr-26 | Tendring District Scout Centre, Clacton |
| First Response – Full course | 10:00 to 16:00 | 11-Apr-26 | 1 st Grays HQ |
| First Response – Full course | 09:30 to 16:00 | 18-Apr-26 | Birchanger |
| First Response – Blended Parts 2 & 3 Theory and Practical | 18:15 to 21:15 | 20-Apr-26 | Birchanger HQ, Nr Stansted |