



West Berkshire Duke of Edinburgh's Award

FIRST AID COURSE WITH ST JOHN AMBULANCE FOR BRONZE SERVICE

A St John Ambulance Young First Aider course will take place at Downe House School (Room G1) on Tuesday 23rd September 2008 from 7:00 - 8.30pm. Further sessions will be held on the 30th, September, 7th and 14th October. There will then be a break for the Half-term holiday after which the course continues on 11th, 18th and 25th November with a presentation evening on 2nd December.

During these sessions you will learn about mouth-to-mouth resuscitation and how to deal with accidents involving bleeding, burns, poisons, fractures and broken bones.

On successfully passing this course you will be able to save lives and will receive a nationally recognized St John Ambulance Certificate. Additionally you will be well equipped to deal with many first aid requirements which might arise on expeditions.

The cost of the course is £10.00 payable on attending the first session.

There are only a limited number of places available on this course so if you wish to attend speak to your award leader NOW! But only do so if you are sure you can attend every session.

If you are likely to encounter any difficulty in paying the full fee for this course you should still apply for a place but discuss this with your Award Leader.

Mike Parry, Field Officer
01635 200 556



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SURVIVAL SKILLS COURSE FOR SILVER PARTICIPANTS

Would you like to learn advanced skills of survival such as how to find drinking water in the wild; how to safely light fires for cooking and heating purposes in the open; how to find and live off wilderness food; how to assemble a shelter in the open and to learn bushcraft skills? You will be given an opportunity to learn all of these skills and more in a **Survival Skills Course** which will commence **Thursday, 25TH September at Mary Hare School, Snelsmore, from 7.00 to 8.30 pm.**

Course sessions will continue on the **2nd, 9th & 16th October and on 6th, 13th, 20th together with a presentation 27th November** . They will be held in the Small Dining Room and outdoors in the grounds of Mary Hare School. You should therefore wear practical and comfortable clothing for both outdoor and indoor sessions.

Having learned the elements of Survival in the wilderness you will then be required to assist the Course Leader to supervise and train Bronze participants on an 8 session course which will start in March and complete in May 2009.

Ideally you should have previously attended a Bronze level Survival Skills course but if you have not then you should only apply for a place on this course if you are sure you can attend all of the 16 sessions involved.

The cost of the course is £10.00 payable on attending the first session. If you are likely to encounter any difficulty in paying the full fee for this course you should still apply for a place but discuss this with your Award Leader.

The maximum number of places available is 6 so if you wish to attend speak to your Award Leader NOW!

**Mike Parry, Field Officer
01635 200 665**



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SURVIVAL SKILLS COURSE FOR BRONZE PARTICIPANTS

Would you like to learn basic skills of survival such as how to find drinking water in the wild; how to safely light fires for cooking and heating purposes in the open; how to find and live off wilderness food; how to assemble a shelter in the open and to learn bushcraft skills? You will be given an opportunity to learn all of these skills and more in a **Survival Skills Course** which will commence **Thursday, 25th September** at **Mary Hare School, Snelsmore, from 7.00 to 8.30 pm.**

Course sessions will continue on **the 2nd, 9th & 16th October** and on **6th, 13th, 20th** together with a **presentation on 27th November**. They will be held in the Small Dining Room and outdoors in the grounds of Mary Hare School. You should therefore wear practical and comfortable clothing for both outdoor and indoor sessions.

Only apply for a place on this course if you are sure you can attend all of the sessions.

The cost of the course is £10.00 payable on attending the first session. If you are likely to encounter any difficulty in paying the full fee for this course you should still apply for a place but discuss this with your Award Leader.

The maximum number of places available is 6 so if you wish to attend speak to your Award Leader NOW!

**Mike Parry
Field Officer
01635 200 556**



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JUNIOR LIFESAVING – ROOKIES SERVICE COURSE FOR BRONZE

Learn how to become a Rookie Lifesaver and help save lives. This course will teach you various rescue techniques, water safety, dealing with drowning and first aid. On successful completion you will receive a nationally recognised certificate and badge.

The course will take place in the swimming pool at Downe House School, Cold Ash, Thatcham and will consist of 8 one-and-a-half-hour sessions from 7.00 – 8.30pm, commencing Wednesday 1st October. Other sessions will take place on Wednesdays 8th and 15th October. There will then be a break for the Half-term holiday after which the course continues on 5th, 12th, 19th and 26th November and concludes on 3rd December.

As most of the training will take place in the pool, and includes some underwater work, participants wishing to attend should be reasonably confident swimmers.

The cost of the course is £10.00 payable on attending the first session.

There are only 16 places available so if you wish to attend speak to your Award Leader NOW! But only apply if you know that you can attend ALL of the sessions.

If you are likely to encounter any difficulty in paying the full fee for this course you should still apply for a place but discuss this with your Award Leader.

Mike Parry
Field Officer, Duke of Edinburgh's Award
01635 200 556



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SWIMMING COURSE FOR THE BRONZE PHYSICAL SECTION

If you would like to do swimming for the Physical Section of your Bronze Award you can do this by coming along to the swimming pool at Downe House School, Cold Ash, Thatcham on Wednesday evenings from 7.00pm to 8.30pm starting 1st October 2008. The remaining sessions will take place on Wednesdays 8th and 15th October. There will then be a break for the Half-term holiday after which the course continues on 5th, 12th, 19th and 26th November and concludes on 3rd December.

There will be eight one-and-a-half-hour sessions for those who are virtual beginners or who are reasonably competent.

Swimming instruction will be provided for participants at all levels but basically you will be expected to show a degree of improvement in your swimming ability over the duration of the 8 week course, which should not be too difficult.

This swimming course is being organised in conjunction with the Junior Lifesaving course which will take place at the same time.

The cost of the course is £10.00 payable on attending the first session.

There are only a limited number of places available on this course so if you wish to attend speak to your Award Leader now!

The minimum number of hours for this section of the Award is 12. It is therefore essential that you attend each and every session.

If you are likely to encounter any difficulty in paying the full fee for this course you should still apply for a place but discuss this with your Award Leader

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POLICE SERVICE COURSE FOR BRONZE AND SILVER PARTICIPANTS

A Police Service course will commence on **Thursday 2nd October at the Police Station, Mill Lane, Newbury from 7.00-8.30pm** with further sessions on the 9th and 16th October, 6th, 13th, 20th and 27th November. The course concludes with a presentation evening on 4th December.

During these sessions you will learn about custody procedures, (including a visit to the Police Station cells), criminal investigation, dog handling, crime prevention, drugs and alcohol abuse, firearms and the history of the police.

The cost of the course is £10.00 payable on attending the first session on 2nd October.

There are a maximum of 20 places on this course for which there is already a waiting list so if you wish to attend speak to your Award Leader now! Those who are accepted will be expected to contribute fully to all aspects of the course including 100% attendance and undertaking the designated project work.

Participants attending at Silver level will be required to undertake additional in-depth projects over a period of three months following successful completion of the Bronze course.

If you are likely to encounter any difficulty in paying the full fee for this course you should still apply for a place but discuss this with your Award Leader.

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SELF DEFENCE COURSE FOR BRONZE PARTICIPANTS UNDERTAKING THE PHYSICAL SECTION

A Self Defence course which will qualify for the Physical Achievement section of the Award will commence at Newbury Judo Club, Almond Avenue, Shaw, (opposite Shaw Social Club) starting on Wednesday, 7th October from 7.00-8.30 pm.

This course will help you to look after yourself if you encounter trouble in the street and how to defend yourself against bullying. At the same time as being able to take care of yourself in a variety of situations these training sessions should also help to improve your self-confidence.

Training is undertaken in bare feet (on mats provided). You should wear loose tracksuit bottoms/trousers (not shorts) and long-sleeved tops/sweatshirts.

The course will run for 8 sessions (with a break for the mid-term holiday) and certificates will be presented at a ceremony on completion.

The cost of the course is £10.00 payable on attending the first session.

The maximum number of places available on this course is 12 so if you wish to attend speak to your Award Leader NOW!!!! Those participants who are accepted for the course will be expected to attend ALL of the sessions and to comply with the instructions given.

If you are likely to encounter any difficulty in paying the full fee for this course you should still apply for a place but discuss this with your Award Leader.

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CHILDCARE COURSE FOR BRONZE AND SILVER PARTICIPANTS

A Childcare Course has been arranged for Bronze and Silver participants commencing, Tuesday 7th October, 7.00 to 8.30 pm in Room G3 at Downe House School, Cold Ash, Thatcham. There will then be another session on the 14th October before the half-term holiday break during which participants will undertake two visits to a nursery for observation and practical experience covering 2 hour periods (ie a minimum of 4 hours nursery experience). Alternatively these nursery visits can also be arranged to take place during weekends. The course will then re-commence at Downe House School on the 11th November followed by other sessions on the 18th and 25th November and 2nd December, concluding with a presentation evening on Tuesday 9th December.

During these sessions you will learn about all aspects of caring for other people's children aged under five; including family life, first aid, safety, avoiding accidents, preparing food, hygiene, play exercises, listening and talking etc.

Silver participants will have to undertake additional practical experience over a further three months following completion of the above training course.

The cost of the course is £10.00 payable at the commencements.

If you would like to undertake this training and can attend all of the sessions speak to your Award Leader now as there are only 15 places available. At the same time you should also notify your Award Leader of your email address and postcode/or your postal address so that the course organiser can notify you of the nearest or most convenient nursery address to which you can arrange your visits.

If you are likely to encounter any difficulty in paying the full fee for this course you should still apply for a place but discuss this with your Award Leader.

**Mike Parry, Field Officer
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