



WEBSITE
 HAVE YOU CHECKED OUT
 OUR WEBSITE YET?
WWW.CONNORS5.COM



**HAPPY SCHOOL
 SUMMER HOLIDAY!**
 ENJOY THIS PRECIOUS TIME
 WITH YOUR LOVED ONES
 FOLKS!



WE NEED TRUSTEES!
 COULD IT BE YOU? MORE
 INFO ON OUR WEBSITE -
 EMAIL WITH YOUR
 INTEREST

MONTHLY CONVERSATION

FIRST AID EDITION!



SUMMER HOLIDAY SPECIAL

Rather than update you all on events this month, we thought we'd do something a little different. Going forward, we're going to not only shine a light on the programmes that we run but also - as importantly - the people who do them with and for us.

So, this month we've got something a little bit special for you - a insight into one of our important co-workers and our woman in the field, Sarah - our First Aid Trainer. Take it away, Sarah!

Tell us a little about yourself....

My name is Sarah and I deliver first aid classes in Brighton, Hove, Shoreham, Worthing, Lewes and surrounding areas.

I am the owner and Paediatric First Aid Instructor for Daisy First Aid Brighton and Hove. I'm a registered Nurse, first aid trainer and mother to four gorgeous children.



I feel passionately that everyone should be trained in CPR and have basic first aid skills. Having spent the last 16 years working in schools and colleges as a Community School Nurse I have seen first-hand how quickly emergency situations can arise and escalate.

We never know when an injury may happen to the people we love, or the people around us. I believe that training in a supportive and welcoming environment equips people with the skills to deal with a first aid situation calmly and confidently, should it arise.

**IN A WORLD WHERE
 YOU CAN BE
 ANYTHING, JUST BE
 KIND**

How did you first get involved with The Connor Saunders Foundation?

Just by chance I was in a meeting with some teachers from the Deans Schools Cluster and I was offering to deliver some first aid training to their pupils.

When they told me that they had received some training from The Foundation, I immediately made contact with Daz and Courtney to offer my support. It was a happy day for us all as they had coincidentally just lost their current trainer and so I became part of this amazing team!

What does your work with the Foundation involve?

In primary schools I deliver some fun, first aid workshops to years 4, 5 and 6.

These workshops follow Daz's presentation which talks about what happened to Connor and promotes the anti-violence message.

The workshops teach how to call emergency services and I role play different scenarios with the children. I dress my mannequins as superheroes and with the help of a story I show them how to assess an unconscious casualty. They then all get lots of hands on practice on how to place someone in the recovery position.



The children love it and we get such amazing, positive feedback from the schools, including stories of children that have gone on to use these skills in real situations.

I feel privileged to be part of this work and I love the idea that we teach this age group how to "help with your hands and not hurt with your hands"

DO YOU KNOW A SCHOOL WHO WOULD BENEFIT FROM OUR ANTI-VIOLENCE APPROACH?



We offer:

- A talk on anti-violence during the presentation assembly
- First Aid workshops for Years 5 & 6, after the presentation of the defibrillator
- AED (defib) with wall bracket and paediatric pads
- Certificate to display in school
- Training sessions offered in the evening for staff members
- Charity pot (for future fundraising)

For more information and to book a school you know, please contact info@connors5.com or complete the online nomination form.

What do you enjoy most about your work with The Connor Saunders Foundation?



I love the variety of workshops we deliver and feel so privileged to be part of this amazing work.

We recently delivered an anti-violence workshop at The Crew Club in Whitehawk where I taught the teenagers how to deal with stab wounds and how to look after friends who may be intoxicated.

We also delivered a lovely session to some pupils at Hamilton Lodge to help prepare these students for independent living. I came home from both of these sessions with the biggest smile on my face due to the enthusiasm of the young people and their appreciation of the Foundation and our work.

I love having the opportunity to be back working in schools with children and young people again but without the pressures of my previous role which involved a lot of safeguarding/child protection.

It is so rewarding teaching skills to young people which may one day save a life.

Daz and her family are such an inspiration and I'm so happy to have met such a kind, caring and generous friend.



For more information about Sarah's classes, you can visit her Facebook page Daisy First Aid Brighton and Hove, or visit her website at www.daisyfirstaid.com. She is also available via email at hove@daisyfirstaid.com

Massive thanks to Sarah for the wonderful insight into her part in the programmes and the incredible work she does on behalf of the Foundation and in Connor's memory! Together we'll promote our anti violence message about using your hands to help rather than hurt and make Sussex heart safe!