



Ask me how you can become a **Community Advocate**

Do you want to play your part and build the confidence of your local community with first aid skills? If so, why not become a Community Advocate volunteer with St John Ambulance!

What? Community Advocates deliver free first aid awareness sessions to their local communities. The aim is to provide skills, challenge myths and grow participants' confidence.

Where? Community Advocate sessions have been held in community centres, youth groups buildings, faith meeting places and sports halls, but they can be held wherever there is an interest from the community.

Sessions The sessions are informal with no prior learning or literacy needed, and no assessments or practical elements, making it inclusive for all. They can be held face to face or virtual, depending on the wishes of the group and social distancing measures in place.

Value and Impact Community Advocates develop knowledge and skills in first aid, presenting, speaking, and networking. Sharing first aid information enables people to become proactive health citizens by giving them a greater understanding of first aid and how to respond to first aid needs. Further, it significantly improves confidence to react in an emergency and helps save lives.

Email community.engagement@sja.org.uk for more information on the Community Advocate programme.

