

## GroupTogether Ltd

Working with Super-Medics

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## Our Super-Medics Sessions

Here at GroupTogether Ltd we are extremely proud of our Super-Medic sessions, they are designed to teach children the importance of helping with early first aid and how it can be used to save a person's life. We also teach the children what to expect if they ever have to ring an Ambulance. Our trainers work for the Ambulance Service, therefore are able to talk about calling 999 and how it will be so much more than just making a phone call. We teach children first aid through role play and group lessons to help gain confidence if ever faced with a first aid situation. All our sessions are catered to the age of the children and we teach from age 7 to age 14. Here are our Super-Medic services:

### Meet our Super-Medic Team



**Charlie**



**Pippa**



**Tom**



**Sarah**

### **Super-Medics After School Club**

Our after-school club is delivered over a 5 week period (could extend to the full term if required). Each student will receive their own Super-Medic first aid book.

Price: from £45  
Per week  
(20 students maximum)

1. Calling for an ambulance, DRS ABC (danger, response, shout for help, airway, breathing, CPR), first aid kits, helping a person who is unwell or injured
2. Caring for both a responsive and an unresponsive Person, CPR and AED's
3. Helping someone who is choking, injured, burnt themselves or is in shock
4. Medical conditions to include asthma, anaphylaxis, epilepsy
5. Scenario practice and demonstration to teachers / parents followed by the award ceremony to include personalised certificate

## Super-Medics 3 hour course

Our 3 hour course is perfect for a morning or afternoon full of First Aid for students. This course will provide a more detailed insight into the world of first aid and give the students more practical time. Each student will receive a Super-Medics first aid book and a certificate to show off their achievements.

Price: from £145  
Per course  
(15 students maximum)

1. The aims of first aid
2. *How to gain consent and help someone who is unwell or injured*
3. First Aid kits
4. *Calling an ambulance*
5. Checking for dangers and keeping safe before helping others
6. *Learning how to identify if a person is responsive*
7. Learning how to call for help
8. *Learning how to carefully open a person's airway and completing a breathing check*
9. Identifying if a person requires CPR and how to complete it (including rescue breaths)
10. *Working with AED's, understanding how they work and how they are attached to an unresponsive person who is not breathing normally.*
11. The differences in helping a baby or child whilst completing CPR and rescue breaths from an adult.
12. *How to help an unresponsive person who is breathing normally*
13. How to help a person who is choking
14. *Awards ceremony*

## Super-Medics 1hr Basic Life Support

Our Basic Life Support course teaches students exactly what it says on the tin, basic life support skills. Each student will receive a Super-Medics first aid book and a certificate to show off their achievements from the sessions.

Price: from £75  
Per week  
(10 students maximum)

- D – Danger
- R – Response
- S – Shout for Help
- A – Airway
- B – Breathing
- C – CPR / Call for an Ambulance

## Super-Medics Super Science

Super Medics Super Science is a 5 week after school science club. Learners will explore the human body through play and practical experiments each week. This club is designed to enhance our learning of first aid, by explaining how our bodies work and giving all children the opportunity to experiment and 'get messy'! All learners will be provided with lab coats, safety glasses and gloves to use (when needed). Learners will receive personalised certificates, a heart squishy and a Super Medics Super Science t-shirt upon completion of the course. Our 5 weekly one-hour sessions are composed of the following modules:

1. **Our Hearts** – How they work and where are they located within our body. Listen to our own heart sounds using a stethoscope and find our radial pulse. Discover the components of blood. Experiment 1: In pairs, make a pint of (fake) blood and create a beating heart. Learners will discover how the heart pushes blood around the body and how the valves in our heart only allow blood to travel in the correct direction.
2. *Brains* – How they work and how our body protects them. Learners will explore the human brain, learning about the different areas and what they are responsible for. Two experiments will promote this – Experiment 1: Learners individually make and label mini brains. These are for the learners to keep and take home. Experiment 2: The whole class to make a life size human brain, discover it's consistency and understand why a skull is needed for protection!
3. **Our digestive system** – Learn what it is made up of and why. Learn about why we need food and water what happens after we have a meal. Experiment 1: Discover what happens to a banana 5 minutes after it has been eaten. Experiment 2: Learners to make (balloon) stomachs and what happens when certain food groups mix together.
4. *Skeletons, bones and muscles* – Learners will discover how many bones we have in our bodies and why they are important. They will learn about muscles, tendons and ligaments and work with George, our friendly skeleton. Experiment 1: In pairs complete an exercise making hands (rubber gloves) with and without bones to learn why bones are so important for movement.
5. **Our Lungs** – what are they and their role within the body. Discover how they work together with the heart to bring fresh oxygen to our cells throughout our bodies and remove the unwanted by-product, carbon dioxide. Experiment: – Learners to make their own mini set of lungs to help demonstrate how we actually breathe.

Price: from £65  
Per week  
(20 students maximum)

## Super-Medics Optional Extras

To give the students a memento to remember their studies and show off what they have learnt and achieved we have the following products available to purchase. These can be purchased by the school or the students themselves:



### *I'm a Super-Medic T-shirt*

**Colour:** Irish Green / White / Sport Grey / Sand / Indigo / Pink

**Size:** 3-4 / 5-6 / 7-8 / 9-11 / 12-14

**Price:** £12 each or two for £20



### *Super-Medics Character T-shirt (pick your favorite character)*

**Colour:** Black / White / Navy / Purple / Pink

**Size:** 3-4 / 5-6 / 7-8 / 9-11 / 12-14

**Price:** £12 each or two for £20



### *Super-Medics Heart Squishy Toy*

1. Soft and squeazy, red heart shaped stress reliever.
2. Dimensions: 70 x 60 x 50mm.
3. Stress shapes are not intended to be given as toys to young children (under 3 years old) or pets.

**Price:** £3 each or two for £5

Any enquiries regarding our Super-Medic services please do not hesitate to contact us. Thank you for taking your time and reading what we can offer.

*Group Together Ltd Team*