

StreetDoctors is an award winning charity started by medical students in Liverpool in 2008. StreetDoctors now has over 430 volunteer healthcare professional students who teach young people across 22 teams in 17 cities in England, Scotland and Wales. To date we have taught life-saving skills to **over 15,000 young people** across the UK and we know of more than **20 cases** where young people have delivered first aid in emergency situations following a StreetDoctors session.



## The Sessions

Two clear, simple, practical and interactive sessions, appealing to all learning styles. **2-3 volunteers** teach groups of **5-15 young people**:

- 1. What to do if someone is bleeding (60 minutes)** How to call an ambulance and deliver immediate first aid to someone who is bleeding, before professional help arrives. We use visual props to explain the science behind blood loss and why it is important to call for help. The session is practical, using role playing scenarios to prepare young people to use skills in an emergency.
- 2. What to do when someone is unconscious (60 minutes)** How to assess if someone is unconscious. How to put them in the recovery position if they are breathing, or deliver chest compressions if they are not breathing. We explain how the heart, blood and lungs work together and what happens if they are not working. Young people practice putting someone in the recovery position and delivering CPR with dummies so that in a real life situation they are ready to act.

## How it works

StreetDoctors sessions have two key aims:

- 1. Equip young people with practical skills to save lives when and where most needed.** When someone is stabbed, shot or collapses it is vital they receive treatment quickly. The more blood they lose the lower their chance of survival. People tend to panic and struggle with straightforward tasks like calling for help. We teach young people what to do: call an ambulance and administer simple first aid which can and does save lives.
- 2. Change attitudes, increase young people's confidence and aspirations, reducing the likelihood of violence.** We explain the consequences of violent injuries such as colostomy bags or paralysis; these are often more of a deterrent to young people than death. Young people are encouraged to think of themselves as responsible individuals who can make a positive difference in their community.

*"The course changed my life...you realise you can kill someone really easily with a knife...I had a friend who was stabbed...I would have been a lot more able help to him if I'd done this course when it happened...I've told my friends what I've learned here, so now they all know the basic first-aid too."*

**'Michael', 16-year-old attendee at a Youth Offending Team.**