



Ajuda

Training Services

Educating People to Save Lives



Open Course Calendar



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At Ajuda we can provide all the mandatory training you need to ensure that your workplace is fully compliant with HSE Regulations.

We offer a full range of courses which can be run at your premises or at our Training Academy in Cardiff Bay.

Ajuda Limited is a multi award winning company that provides companies with affordable Health and Safety Courses such as First Aid Training, Manual Handling, Health & Safety, Food Safety, Fire Safety, Mental Health First Aid, and many more related courses throughout Wales and the rest of the UK.

OUR MISSION STATEMENT

“ To deliver high quality, customer focused, accredited training to suit the individual needs of all. We strive to provide reliable information, knowledge and skills enabling candidates to succeed. ”

JANUARY 2020

Date	Course	Days	Price
6th	Interview Skills	1	£60
7th	Level 2 Award in Safe Moving & Handling (RQF)	1	£90
9th, 10th, 16th, 17th, 23rd	Level 3 Award in Education & Training (RQF)	5	£575
13th & 14th	Level 3 Award in First Aid at Work Refresher (RQF)	2	£160
15th	Level 2 Award in Health & Safety (RQF)	1	£90
21st & 22nd	Adult Mental Health First Aid (Wales)	2	£120
27th	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
27th - 29th	Level 3 Award in First Aid at Work (RQF)	3	£210



FEBRUARY 2020

Date	Course	Days	Price
4th & 5th	Youth Mental Health First Aid (Wales)	2	£140
6th	Level 2 Award in Food Safety (RQF)	1	£90
10th	Level 2 Award in Risk Assessment (RQF)	1	£90
11th & 12th	Adult Mental Health First Aid (Wales)	2	£120
13th	Level 2 Award in COSHH (RQF)	1	£90
17th	Level 2 Award in Customer Service (RQF)	1	£90
18th	Level 2 Award in Fire Safety and Fire Marshal (RQF)	1	£90
19th - 21st	Level 3 Award in Food Safety (RQF)	3	£295
24th	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
24th - 26th	Level 3 Award in First Aid at Work (RQF)	3	£210

MARCH 2020

Date	Course	Days	Price
2nd & 3rd	Level 3 Award in Paediatric First Aid (RQF)	2	£160
5th	Level 2 Award in Safe Moving & Handling (RQF)	1	£90
9th & 10th	Level 3 Award in First Aid at Work Refresher (RQF)	2	£160
11th & 12th	Adult Mental Health First Aid (Wales)	2	£120
13th	Level 2 Award in Health & Safety (RQF)	1	£90
18th, 19th, 20th, 26th & 2nd April	Level 3 Award in Education & Training	5	£575
23rd	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
23rd - 25th	Level 3 Award in First Aid at Work (RQF)	3	£210



APRIL 2020

Date	Course	Days	Price
1st	Level 2 Award in Fire Safety and Fire Marshal (RQF)	1	£90
3rd	Level 2 Award in Food Safety (RQF)	1	£90
6th - 8th	First Aid Trainer / Assessor	3	£425
16th & 17th	Youth Mental Health First Aid (Wales)	2	£140
21st & 22nd	Adult Mental Health First Aid (Wales)	2	£120
27th	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
27th - 29th	Level 3 Award in First Aid at Work (RQF)	3	£210

Open Courses take place at Ajuda Training Academy in Cardiff Bay,
For more information or to book a place Call 02920 576883 or email admin@ajuda.org.uk

MAY 2020

Date	Course	Days	Price
1st	Level 2 Safeguarding Vulnerable Adults (RQF)	1	£90
6th & 7th	Level 3 Award in Paediatric First Aid (RQF)	2	£160
8th	Level 2 Award in Conflict Management (RQF)	1	£90
11th & 12th	Level 3 Award in First Aid at Work Refresher (RQF)	2	£160
13th & 14th	Adult Mental Health First Aid (Wales)	2	£120
15th	Level 2 Award in COSHH (RQF)	1	£90
18th	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
18th - 20th	Level 3 Award in First Aid at Work (RQF)	3	£210
26th - 28th	Level 3 Award in Health & Safety (RQF)	3	£295



JUNE 2020

Date	Course	Days	Price
1st - 3rd	First Aid Trainer / Assessor	3	£425
4th	Level 2 Award in Fire Safety and Fire Marshal (RQF)	1	£90
8th	Level 2 Award in Safe Moving & Handling (RQF)	1	£90
9th	Level 2 Award in Food Safety (RQF)	1	£90
10th	Employability Skills	1	£60
16th & 17th	Adult Mental Health First Aid (Wales)	2	£120
22nd	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
22nd - 24th	Level 3 Award in First Aid at Work (RQF)	3	£210
29th & 30th	Youth Mental Health First Aid (Wales)	2	£140

JULY 2020

Date	Course	Days	Price
1st & 2nd	Level 3 Award in Paediatric First Aid (RQF)	2	£160
6th	Level 2 Award in Health & Safety (RQF)	1	£90
7th & 8th	Adult Mental Health First Aid (Wales)	2	£120
13th	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
13th - 15th	Level 3 Award in First Aid at Work (RQF)	3	£210
16th	Level 2 Safeguarding Vulnerable Adults (RQF)	1	£90
20th - 21st	Level 3 Award in First Aid at Work Refresher (RQF)	2	£160
27th - 29th	Level 3 Award in Food Safety (RQF)	3	£295



AUGUST 2020

Date	Course	Days	Price
3rd	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
3rd - 5th	Level 3 Award in First Aid at Work (RQF)	3	£210
10th	Level 2 Award in Fire Safety and Fire Marshal (RQF)	1	£90
11th & 12th	Adult Mental Health First Aid (Wales)	2	£120
13th	Level 2 Award in Food Safety (RQF)	1	£90
17th & 18th	Youth Mental Health First Aid (Wales)	2	£140
19th	Level 2 Award in Safe Moving & Handling (RQF)	1	£90

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SEPTEMBER 2020

Date	Course	Days	Price
7th & 8th	Level 3 Award in First Aid at Work Refresher (RQF)	2	£160
9th & 10th	Level 3 Award in Paediatric First Aid (RQF)	2	£160
11th	Level 2 Award in Health & Safety (RQF)	1	£90
14th	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
14th - 16th	Level 3 Award in First Aid at Work (RQF)	3	£210
17th, 18th, 24th, 25th & 30th	Level 3 Award in Education & Training	5	£575
21st & 22nd	Adult Mental Health First Aid (Wales)	2	£120
28th	Employability Skills	1	£60
29th	Interview Skills	1	£60



OCTOBER 2020

Date	Course	Days	Price
1st & 2nd	Youth Mental Health First Aid (Wales)	2	£140
5th	Level 2 Award in Risk Assessment (RQF)	1	£90
6th	Level 2 Award in Conflict Management (RQF)	1	£90
9th	Level 2 Award in Safe Moving & Handling (RQF)	1	£90
12th - 14th	First Aid Trainer / Assessor	3	£425
15th & 16th	Adult Mental Health First Aid (Wales)	2	£120
19th	Level 3 Award in Emergency First Aid at Work (RQF)	1	£90
19th - 21st	Level 3 Award in First Aid at Work (RQF)	3	£210



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