 **Advice First Aid**

**Developing advice knowledge in local communities**

**Advice First Aid is:**

* **Free training** to help you support people with **benefits, rent arrears, debt and cost of living problems**
* **Introductory level** training for staff and volunteers in **community organisations and faith groups**
* Delivered by Citizens Advice

**By the end of the training you will know how to:**

* Spot advice issues and ask the right questions
* Find trusted sources of information and support
* Take steps to help people experiencing hardship and signpost or refer for advice

After the one-day training, you will be able to access **free online short courses** on benefits, housing, employment rights and other issues.

People who have attended Advice First Aid training told us:

*“Advice First Aid expanded my knowledge and made me more confident in helping people”*

*“I learnt where to find a lot of useful information”*

*“It was great to meet people from other organisations and from Citizens Advice”*

The next Advice First Aid training will be

**September 19th, Venture Centre**

**September 26th, Cheyne Children’s Centre**

**9.30am to 4.00pm**

**Contact** [**matt.begg@citizensadvicekc.org.uk**](mailto:matt.begg@citizensadvicekc.org.uk) **for more information and to register**

A blue and yellow text on a black background

Description automatically generated

A grey and white logo

Description automatically generated