



# Advice First Aid

Developing advice knowledge in local communities

## Advice First Aid is:

- **Free training** to help you support people with **benefits, housing, 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 Advice First Aid session will be

**Tuesday 9 July 2024**

9.45am to 4.15pm

Redbridge Central Library, Clements Rd, Ilford IG1 1EA

Use this link **to register**: [Complete this Registration Form](#)  
Please contact [londonafa@cawandsworth.org](mailto:londonafa@cawandsworth.org) if you have any questions