

First Aid for Refugee Inclusion and Empowerment

A Student Project Brief for High School and Undergraduate Learners

Theme: Health Equity · Trauma-Informed Practice · Language Access · Community Integration

Location: Cardiff, Wales

Duration: Flexible (Short-term or ongoing student-led initiative)

The Challenge

In Cardiff, refugees and asylum seekers face major barriers in accessing First Aid training. These include past trauma, language barriers, unfamiliarity with the UK health system, and limited culturally appropriate options. These barriers make it harder for refugee communities to access help and support others in emergencies.

Project Vision

You will help co-design a trauma-informed, accessible, and culturally inclusive First Aid training model. The aim is to empower refugee participants with life-saving knowledge, while creating stronger and more integrated communities.

What You'll Explore

- How do trauma and language barriers affect access to First Aid?
- What would inclusive First Aid education look like?
- How can refugees become First Aid educators and leaders?

Your Role as a Student

- Research current access to First Aid training and barriers
- Interview refugee groups, First Aid trainers, and ESOL teachers
- Co-design trauma-informed, ESOL-sensitive First Aid training with community input
- Develop multilingual vocabulary resources or pilot a community session
- Present a report or share lessons with your school, local groups, or policymakers

Key Assumptions and Context

- Forced migration and trauma are common experiences among refugees
- First Aid education is not currently designed for multi-language, trauma-affected learners
- Refugees and ESOL learners know the gaps and are best placed to co-lead change

Why This Matters

- Trauma-informed training improves emotional safety and understanding
- Inclusive training empowers people to act in emergencies
- It supports refugee integration and access to UK services like the NHS

Your Impact

- Build confidence and networks for participants
- Help co-create resources to be used in future trainings
- Contribute to public understanding, equity, and long-term policy change

Who You'll Work With

- Refugee community members and support organisations (e.g. Oasis Cardiff, Welsh Refugee Council)
- First Aid providers (Red Cross, St John Ambulance, independent trainers)
- ESOL teachers, interpreters, and peer volunteers

Outcomes You Could Achieve

- First Aid toolkit and visual glossary in key languages
- Easy-to-read NHS access guide for refugees
- A pilot trauma-informed training session
- A summary report or presentation to share lessons

Wider Potential

This model could be shared with schools, local councils, and health services to inform future policies and practices. It aligns with the City of Sanctuary initiative and Welsh Government goals for equity and inclusion.

Interested in Starting?

Bring this brief to your teacher, community mentor, or student group and explore how you can get involved.

You can adapt the project for school volunteering hours, coursework, or independent study.