



A life changing experience

Take part in an exciting course

LFB
LONDON FIRE BRIGADE

Would you like to take part in an exciting course with London Fire Brigade and achieve things you never thought possible?

Local Intervention Fire Education (LIFE) is a five-day course for 14–17 year olds at a fire station in your area of London.

With the help of our friendly trainers, you will learn the job of a real firefighter through taking part in a range of activities which include using ladders, breathing apparatus equipment, and learning casualty rescue techniques. At the end of the week, your parents, carers or people who work with you are invited to attend your passing out ceremony to showcase the amazing skills you have learned.

Some young people who have attended this course have enjoyed it so much they have gone on to become firefighters!

This course will help you to:

- Achieve things you never thought you could do.
- Build your confidence and self-esteem.
- Improve your team work and leadership skills.
- Get a portfolio of achievement.



I loved the course, it was life changing and inspirational. It was a great experience. They treated us like adults and always made me feel proud if I did something good. Everytime I wanted to give up they pushed me to do well".

FOR FURTHER INFORMATION

Please visit our website for more information and to watch a short film about the LIFE course: london-fire.gov.uk/LocalInterventionFireEducation.asp

You can also contact the LIFE team at:

E: Life4@london-fire.gov.uk



**Central and
North West London**
NHS Foundation Trust

Supported by Grenfell Health and Wellbeing Service. NHS Clinicians will be available for anyone participating in the programme requiring counselling or health and wellbeing support.