

The Boss's Blog!

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Qualifications: RGN BSc (Hons) ENP NMP (DipHE)

Your role at meditec training: Director & lead Instructor

Professional bodies/affiliations: Nursing & midwifery council (NMC) & Royal College of Nursing (RCN)

Hello, welcome to this section of the website where I get to talk about myself!

The idea of starting meditec training came about in 2007. I had to attend a First Aid at work course and let's just say it was not a great experience. I was made to conduct some of the most uncomfortable, awkward, not to mention embarrassing 'acting' scenarios, I was shouted at in front of a group of 11 people because the point of my triangular bandage was slightly off from where it should have been. I hated the whole experience and came away learning nothing because I was so embarrassed at the way we were spoken to. The instructor was a First Aider and had never used half of the skills that was being taught. For some parts of the course the instructor was reading direct from the manual word for word. I knew I could offer something more fun, engaging, and enjoyable!

Fast forward to 2010, I did it! I founded meditec training ltd. I wanted to pave the way for change where people could learn amazing lifesaving First Aid skills in a friendly, warm, enjoyable, engaging, and fun way from people who had vast experience in the subject matter, who were not reading from a manual or a power point slide!

We have now trained many, many people over the past 10 years, and I am always blown away by the amazing feedback we get as a company (see our testimonials on the website) and on a personal level as individual instructors. I am very proud, and I am delighted that we are now a training company in the industry that is based on innovation and learner engagement! It was immensely hard setting up a brand-new company from scratch, making sure we were meeting all the legislation, standards, and guidelines, I have loved every minute! (Slightly more grey hair though!).

My love of all things medical came from my eight years at Virgin Atlantic Airways, I spent the first five years working as Cabin Crew. it wasn't all 'tea and coffee', I was involved in numerous medical emergencies onboard those planes! (I won't give you the full details, here. If we meet on a meditec training course, grab me at break time!). My final three years at Virgin, I worked as a medical training instructor training new and existing cabin crew and pilots, delivering the aviation medicine course. We delivered training to cover every medical emergency imaginable that the crew may have encountered at 35,000 feet! (And it did!) from CPR, to childbirth, from seizure management to travel sickness. It was a great job and a great company to work for, I loved every minute at Virgin, I met some inspirational people both in the air and on the ground, it truly was one of the best jobs I have had (apart from meditec, of course!).

After taking voluntary redundancy from Virgin, I went back to university to study a BSc (Hons) in Adult Nursing. I qualified as a Registered General Nurse after three years at university. During my university clinical placements, I was drawn to emergency care, I knew from the minute I set foot into A&E (we now call it the Emergency Department (ED)), I just knew it was the place for me! It was busy, unpredictable, and varied. After I graduated, I gained a job in ED and ever since I have continued to study to extend my clinical skills.

After years of front-line emergency experience and further university education at master's degree level, I now work as an Emergency Nurse Practitioner. I am qualified to see, treat, diagnose, prescribe, and discharge a patient without any mandatory input from a doctor, I can work within a clinical setting with full autonomy and responsibility. I absolutely love urgent and emergency care even after all these years. I now work part-time to keep my acute clinical skills up.

As well as nursing and meditec training, I work freelance for a fantastic company as a flight nurse. This role involves repatriating patients who are on holiday or business abroad who have become ill and/or injured. I feel so lucky to combine my medical skills with travel, I absolutely love this role. I am lucky to have flown all over the world in this role, it really is a pleasure.

During the summer months, I volunteer for a charity and work at Glastonbury and Reading festivals, I work in a field hospital as one of the lead nurses, it is a very large set up! It must cater for 120,000+ people. Within this role, I lead a team of nurses. We see anything from minor injuries to major medical emergencies. It is hard work, yet fun, the charity is great to work for. We are lucky enough to have some downtime to see the music too! (Adele and Cold Play – joint favourites!).

As you can see as an individual and as a business, meditec training can offer our learners a solid and credible training experience. We promise that we will bring our passion, skills and experience to every training course. One thing I pride myself on as Director is that ALL our instructors have to have is a solid, credible and extensive experience within acute and/or emergency care, ALL meditec training instructors are registered medical professionals, this is our unique selling point, coupled with our fun, humour and approachability, all of which come as standard. All topics we discuss in training are situations that are seen and experienced within the years of working in emergency care. I hope this brings some credibility to both meditec training and your chosen course.

I am personally passionate about mental health; and we are so excited to be able to add a variety of 'First aid for Mental Health' training to our portfolio. It really is okay not to be okay, and we would like to begin to break down barriers and stereotypes when it comes to mental health. Together, through education, training, and awareness we can break the stigma surrounding mental health. We should all be having conversations regarding our own mental health, let's face it, life is stressful and can be full of anxiety at times. We are very excited to be having conversations regarding personal and/or workplace mental health, looking at coping mechanisms and sign posting those who are struggling to professionals that can help.

On a personal note, I love gardening! I am lucky enough to live in the countryside, I appreciate a good vegetable patch! I am married, I have two dogs and six chickens! and I am keen on cycling and enjoying taking RPM/spin classes. I love to travel!

I do hope we are able to meet on a meditec training course soon. I am passionate about offering you exceptional customer service and providing you with important life-saving skills. I would be delighted to hear from you and assist you in any way we can.

In anticipation, I wish you a fantastic meditec training experience!