



Bearing

SAFETY & SECURITY

Know your bearing.



PERSONAL SAFETY AND SECURITY EDUCATION

Practical safety training for your international students.

A two-phase safety and security programme for international students arriving in the UK - built to sit alongside your induction and support your duty of care.

Know your bearing.

WHAT WE DO

Practical safety, the way it is actually used

Bearing is a personal safety and security education company. We teach international students how to stay safe in an environment they do not yet know - rehearsed, not just read, and delivered by professionals who have done the job. UK Ready is built to sit alongside your existing induction, not replace it.



Structured training

Proper programmes with a clear curriculum, knowledge checks, and a recognised standard - not a leaflet or a single talk.

Practised, not just taught

Skills rehearsed hands-on in small groups, so they hold up when they are needed for real.

Delivered by professionals

Facilitators from military, policing, professional security, education, and emergency medicine - Enhanced DBS checked and safeguarding trained.

We teach capability, not compliance. Everything on our programmes is a skill a person carries with them - at university, at work, and long afterwards.



OUR FLAGSHIP PROGRAMME

UK Ready

Every year, more than 400,000 international students arrive in the UK for the first time*. The first few weeks are the highest-risk period - before they know the city, the systems, or how to get help.

UK Ready prepares them for exactly that window. It runs in two phases: an online foundation completed before they arrive, and a hands-on practical day in the UK within their first two weeks.

Every student completes measurable learning outcomes and receives a named certificate, with a completion record for your files.



10 Online modules · 7 hours in person · Maximum 16 students · Certificate and completion report

PHASE 1

Online Foundation

10 modules · ~2 hrs video · self-paced · before arrival

- UK life and what to expect
- Getting around safely
- Scams, fraud, and digital safety
- Emergencies - who to call and when
- Pickpockets - protecting your belongings
- Personal wellbeing and mental health
- Drink spiking and night safety
- Recognising and reporting harassment
- Knowing what to do in an emergency
- Your personal safety plan, submitted for review

PHASE 2

Practical Day

6 sessions · 7 hours · max 16 · first two weeks of arrival

- Debrief and safety plan review
- Situational awareness, with outdoor exercise
- Conflict avoidance, de-escalation, and personal safety
- First aid for mental health
- Emergency first aid - CPR, AED, choking, anaphylaxis
- Scenario practice and close

*Sponsored study visas granted, Home Office, 2024.

HOW IT RUNS

Four steps, before and after arrival

1

Before arrival

Ten online modules at the student's own pace, with a knowledge check on each.

2

Safety plan submitted

The final module produces a safety plan, reviewed by an instructor before arrival.

3

Practical day in the UK

A seven hour practical day in a group of no more than sixteen, within two weeks.

4

Certificate and report

Live scenarios, a named certificate, and a completion report sent home.



WHAT UK READY DELIVERS

Practised skills

First aid, de-escalation, and getting away safely - rehearsed hands-on until second nature.

Confidence in a new country

Students who know how the UK works, and how to get help, from their first week.

Mental health awareness

Recognising when they, or someone around them, is struggling - and knowing what to do.

A safety net that lasts

Skills they keep for life - at university, at work, and long afterwards.

Evidenced completion

A named certificate and a completion record for every student.

Support for your duty of care

Practical safety preparation that supports your OfS condition E6 and duty-of-care obligations.

Strengthens your recruitment offer

A visible safety and wellbeing provision - one of the top five factors 75% of prospective international students weigh when choosing where to study. (QS, 2024)

More resilient, independent students

Students who can take responsibility for their own safety and wellbeing settle faster, cope better, and are more likely to stay the course.



The first few weeks are the ones that matter.

International students face a period of concentrated risk in their first weeks in the UK - before they know the city, the systems, or how to get help. Criminals understand this. Institutions carry the duty of care. UK Ready is built for exactly this window.

→ Personal theft

71,391 mobile phone thefts were recorded in London in 2025 - around 195 a day. (Metropolitan Police, 2026)

→ Targeted fraud

Organised fraud targets international students - callers posing as police, immigration, or university finance. One student lost £31,000. (BBC News, 2023)

→ Sexual harassment

20% of students have experienced unwanted sexual behaviour; among women, 27%. (Office for Students)

→ A regulated duty

From 1 August 2025, OfS condition E6 requires providers to take credible steps to prevent and respond to harassment and sexual misconduct.

→ Faster to settle

Students who understand the city and the systems settle in quicker and disrupt less.

→ More likely to report

Students who know the reporting routes are more likely to come forward when something happens.

→ Better retention

A confident, supported start protects continuation and reduces early withdrawal.

→ Applicants care about a safe, welcoming place

75% of prospective international students rank safety and a welcoming place among their top five factors when choosing where to study. (QS International Student Survey, 2024)

An institution that prepares its students strengthens its duty-of-care position and protects the cohort its finances depend on.

WHO DELIVERS IT

Founder-led. Delivered by people who have done the job.



FOUNDER

Tom Frearson

A former Royal Marines Commando who went on to work in close protection and security consultancy in the UK and high-risk environments, building and leading multinational teams where trust and execution were critical.

He is a qualified emergency medic and a professional educator, trained and experienced to teach first aid, mental health awareness, and conflict de-escalation - the skills at the heart of UK Ready.

FREC 4 Emergency Medic

Level 3 Education & Training

Level 3 Conflict Management

Level 3 Safeguarding (DSL)

Level 3 Supervising First Aid for Mental Health

Enhanced DBS

THE STANDARD WE HOLD

- Every cohort is delivered by two facilitators, so no group is ever supervised by one adult.
- The lead instructor is a professionally qualified teacher, holding Level 3 Conflict Management, FREC 3 or above, and the Level 3 Award in Supervising First Aid for Mental Health.
- First aid is taught by a FREC 3 or above emergency medic.
- The mental health first aid session is delivered by an instructor holding the Level 3 Award in Supervising First Aid for Mental Health.
- Both facilitators hold an enhanced DBS with children's barred list and Level 2 Safeguarding.*
- Groups are capped at sixteen, so every student gets real attention.
- Designed to CPD accreditation standards; accreditation in progress.

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The skills we teach are the ones I have relied on myself. They are not academic. A person who can keep their head, read a situation, and act when someone needs help has something they will use for the rest of their life.

Tom Frearson — Founder & Programme Director

*Safeguarding is led by a named Designated Safeguarding Lead. Full policy available on request.



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Find out more.

To find out how UK Ready could work alongside your induction, get in touch.
We will come back to you within one working day.

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