



Bearing

SAFETY & SECURITY

Know your bearing.



PERSONAL SAFETY AND SECURITY EDUCATION

Arrive ready. Make it yours.

We prepare people to feel confident in a place they don't yet know — through structured, credentialled training.

Know your bearing.

Bearing Safety & Security Limited

bearinguk.com

WHAT WE DO

Practical safety, the way it is actually used

Bearing is a personal safety and security education company. We teach people 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.



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 service, UK policing, professional security, education, and emergency medicine.

We don't teach people to pass a test. We teach them things they'll use for the rest of their lives.



OUR FLAGSHIP PROGRAMME

UK Ready

Every year, more than 400,000 international students arrive in the UK to study[†]. For most, it is the opportunity of a lifetime.

UK Ready prepares them for the first few weeks — before they know the city, the systems, and how everything works — so they settle in quickly and enjoy it.

It runs in two phases: an online foundation before they fly, and a hands-on practical day in the UK within their first two weeks. It closes with a certificate and a completion report sent home to family.



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 London 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 EVERY STUDENT LEAVES WITH

Practised skills

First aid, de-escalation, and getting away safely — rehearsed hands-on, not read once and forgotten.

Situational awareness

How to read a street, a station, or a night out — and spot a problem before it becomes one.

The confidence to say no

Setting boundaries and stepping back from a situation before it escalates.

Calm under pressure

Practised responses that hold up when something goes wrong, so they act rather than freeze.

Confidence in how the UK works

From emergency services to healthcare to reporting — they leave knowing how to get help.

A personal safety plan

Built through the programme and checked by an instructor — routes, contacts, and what to do.

A phone set up for an emergency

Every essential safety tool and number configured and tested before the day ends.

Proof of completion

A named certificate and a completion report confirming everything they have completed.



Not just for a year abroad. For the rest of their life.

UK Ready is built around the arrival window — the first few weeks in a new country. But the skills a student learns don't expire when they settle in, or when they fly home. They are the practical, human capabilities most people are never taught, and they carry them for good — from first aid and situational awareness to recognising when they, or a friend, are struggling, and knowing what to do about it.

→ Emergency first aid

CPR, using a defibrillator, treating choking and severe allergic reactions. The skills that save a life — anyone's, anywhere.

→ Situational awareness

How to read a street, a station, or a night out, and notice a problem before it becomes one.

→ Staying calm under pressure

Practised responses that hold up when something goes wrong, so they act rather than freeze.

→ Setting boundaries

The confidence to say no, and to step back from a situation before it escalates.

→ De-escalating conflict

Reading tension and defusing it — a skill that matters as much in a workplace as on a street.

→ Knowing how to get help

Emergency services, healthcare, reporting — understanding the systems and using them without hesitation.

→ Protecting yourself online

Spotting scams and fraud, and keeping personal information and money safe.

→ Recognising when someone's struggling

Spotting the signs in yourself or a friend, and knowing how to help or where to turn.

Learning to look after yourself — to stay calm, make good decisions, and take responsibility for your own safety — is where becoming a capable, independent adult begins. It is the foundation everything else is built on: at university, at work, and in life.

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 & 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 session is led by qualified, experienced instructors — drawn from the military, policing, security, education, and emergency medicine.
- They are professionally qualified teachers, trained to deliver every part of the programme, including conflict de-escalation and personal safety.
- 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.
- Every instructor holds an enhanced DBS check and is trained in safeguarding.
- Groups are capped at sixteen, so every student gets real attention.
- Designed to CPD accreditation standards; accreditation in progress.

“

Everything I've done — the Royal Marines, private security, leading teams in hard places, coaching — comes back to one thing: you have to be able to look after yourself before you can look after anyone else. That is what this programme gives a young person. It's not academic. It's where becoming a capable, independent adult starts — and it lasts the rest of their life.”

Tom Frearson - Founder & Programme Director



Bearing

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Know your bearing.

Start a conversation

Whether you are a parent, a student, an institution, or an education agent — tell us what you need. We will come back to you within one working day.

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LOCATION

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