

## **CPR (Cardiopulmonary Resuscitation) Training**

Following our previous and successful CPR training sessions, which started back in 2016, 66 residents have now been trained and we would like to say a big THANK YOU to all those who have attended. In order to continue to support the British Heart Foundation in this extremely important initiative, we are organising further training dates in November as follows:

Tuesday 7<sup>th</sup> November 7.30 pm

Saturday 11<sup>th</sup> November 10.30 am

The sessions will be held at the Village Hall and are free of charge with a maximum of 9 people per session. We welcome our younger residents to attend (minimum age guideline 12 but happy to take younger, if parent/guardian deem it suitable). So why not come as a family group?

Training will be by DVD presentation with plenty of practice available on manikins and will include how to use the Public Access Defibrillator which is located by the main entrance door of the Village Hall. No previous medical or First Aid experience is required. We envisage each session will last approximately 75 mins and will be hosted by myself.

Due to the limited spaces available, advance notification of attendance is required and Sign Up sheets will be available at the Village Shop from Monday 16<sup>th</sup> October. Please support this initiative, as you never know.....it may help you save a life one day. Participants from previous sessions who would like to come along for some refresher training are very welcome.

Thank-you

Chris Hart

Evenley Parish Defibrillator coordinator

September 2017