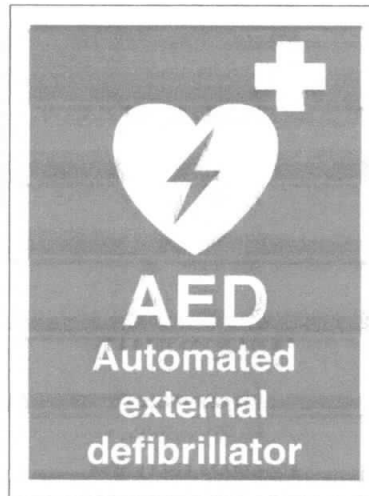




Cosy Hall, Water Lane, Newport. TF10 7LD
www.cosyhall.org.uk

**WOULD YOU KNOW WHAT TO DO IF SOMEONE
COLLAPSES?**



**FREE BASIC LIFE SUPPORT AND DEFIBRILLATOR
AWARENESS SESSIONS WILL BE HELD AT COSY HALL
EACH MONTH DURING 2019**

**WHETHER OR NOT YOU INTEND TO COME TO ONE OF THE
SESSIONS, PLEASE PASS ON THIS NOTICE TO ANY
FRIENDS, NEIGHBOURS OR COLLEAGUES WHO MAY NOT
HAVE SEEN ONE**

**IF YOU DO ATTEND, PLEASE SHARE THE KNOWLEDGE
GAINED - IT COULD SAVE SOMEONE'S LIFE**

Thank you

Cosy Hall is Newport's Community Building
www.cosyhall.org.uk Registered Charity (No. 514505)



FREE PUBLIC ACCESS DEFIBRILLATOR AWARENESS AND TRAINING

Increasing numbers of Public Access Defibrillators (AEDs or cPADs) are being installed. These are intended to be used by members of the public in the event of suspected cardiac emergencies. They are automatic, and largely self-explanatory; but the emergency services are concerned that many people would be hesitant or afraid to perform CPR or use a defibrillator in a real-life situation.

This is to invite you, your family, friends, neighbours, colleagues or employees, etc., to a **free** ninety-minute Basic Life Support and Defibrillator demonstration and awareness session at Cosy Hall.

The sessions arranged for 2019 are:

On the third Tuesday every month from 18.00 to 19.30

The sessions will be run by:

Russell Brooks the Newport WMAS First Responder
Co-ordinator or Julie Rich the Shropshire co-ordinator for BHF
HeartStart

To let us know you are coming, and that there is sufficient demand, please contact Cosy Hall, in person (between 09:15 and 12:00 on weekdays), by telephone on 01952 417598, or by email to training@cosyhall.org.uk. Please leave your contact details the names of the attendees and the date of your preferred session [see the events page at cosyhall.org.uk for updated session dates]