

## **First Aid Workshop – Wednesday 13<sup>th</sup> November**

The British Red Cross is offering free First Aid Workshops to organisations such as ours. We thought members might be interested to participate.

The workshop includes these topics:

Helping someone who:

- Is bleeding heavily
- Has a burn or scald
- Has a broken bone
- Has a head injury
- Is having chest pains/Heart Attack
- Is unresponsive and breathing/not breathing and use of an AED

We have booked a workshop on Wednesday 13<sup>th</sup> November.

It will be held at

St Matthew's Church  
44, Clarence Street  
Cheltenham GL50 3PL (opposite the Library)  
From 10.30 to 12.30

The workshop is open to all members but we hope it will be of particular interest to walk leaders. There are 15 spaces available on the workshop.

If you would like to attend, please email Jenny Miller on [jennymiller@gmx.co.uk](mailto:jennymiller@gmx.co.uk) with an email address and telephone contact number by September 20<sup>th</sup>.

If you would have liked to attend but this is not a convenient date, please let Jenny know as it may be possible to organise a second workshop next year, especially if we have more than 15 people interested.

The workshop is free, but there will be an opportunity to make a voluntary donation to the British Red Cross on the day.

Confirmation will be sent to those attending .