



HEREFORDSHIRE

HEARTSTART

Registered Charity No: 1082309

Would you know what to do if a friend or family member suffered a life threatening emergency? If not book a place now at a

**FREE Two Hour
HEARTSTART**

**Course at
Cawley Hall, Eye
Wednesday 12th September
7-9pm**

Booking essential

Contact clerk.lustongroup@gmail.com

Or

Herefordshire Heartstart

0845 60 60 654

info@herefordshireheartstart.co.uk

You will learn how to: call for help, help someone who is unconscious, recognise the warning signs of a heart attack, deal with choking or serious bleeding and perform CPR (cardiopulmonary resuscitation) including the use of a defibrillator.

Simple skills save lives

Donations accepted at the end of each course

REGISTERED CHARITY

Herefordshire Heartstart is affiliated to the British Heart Foundation, but as a local initiative we do not receive any funding from them, nor the government for our scheme. We rely on donations and grants to keep this vital service running.

