



Registered Charity No: 1177931

Would you know what to do if a friend or family member suffered a life threatening emergency?

FREE 2 hour public

HEARTSTART

course at

Simpson Hall,

Burghill

Tuesday 31st March

7-9pm

Booking essential

Herefordshire Heartstart

0845 60 60 654

info@herefordshireheartstart.org

Simple skills save lives

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 (cardio-pulmonary resuscitation) including the use of a defibrillator.

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.

