



### **British Heart Foundation “Heartstart” Training**

The **Heartstart** programme includes: assessing an unconscious patient, performing cardiopulmonary resuscitation (CPR), dealing with choking, dealing with serious bleeding, helping someone who may be having a heart attack.

The next sessions are on Saturdays, 2-5pm on:

**10 October; 12 December 2015**

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### **Defibrillator Training**

Tattenhall Community First Responders have funded wholly or in part the provision of a number of defibrillators in the locality, and everyone should know how to use them.

The next sessions are 2-4.30pm on the following dates:

**Saturday 7 November; Monday 16 November 2015**

The training is being delivered by  
**Tattenhall Community First Responders**

at **The Studio, Worley Court, Bolesworth Road, Tattenhall, CH3 9HW**

To book a place, phone either:  
**Jill Raine on 01829 771895 or Rob Selby on 01829 770586**

**Cost:** This training is provided free of charge - however donations to Tattenhall Community First Responders are gratefully received.

[www.thestudiotattenhall.co.uk](http://www.thestudiotattenhall.co.uk)



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