



Thanks to a grant from Age UK we have been able to arrange these courses to give older people the opportunity to learn (or refresh) first aid skills relevant to them.



Everyday First Aid

What would you do?



Free 2 hour sessions

Learn what you **CAN** do to help an older person in a friendly and relaxed environment

Easy to remember information helping **YOU** feel more confident to help.

Skills can include: bleeding, burns, broken bones, choking, unconsciousness, not breathing, heart attack and stroke

DATES	TIME	VENUE
Tuesday March 13th	2pm	Alec Rose House, The Anchorage, PO12 1LZ (Near Gosport ASDA)
Tuesday March 20th	2pm	Fortune House, Chilworth Grove, PO12 3UZ (off Lees Lane)

Please book early as numbers are limited.

Phone: 02392 504880 (speak to Edith Kinghorn)

or e-mail: gospportopforum@hotmail.co.uk