



Registered Charity No: 1082309

Patron The Countess of Darley JP.  
Her Majesty's Lord-Lieutenant of  
Herefordshire

**Would you know what to do if your  
loved one or colleague suffered a  
life threatening emergency? If  
not book a place now at a:-**

**FREE Two Hour  
Heartstart Course (CPR etc)**

**At Sellack Village Hall**

**On Monday 29th February  
7pm to 9pm**

**Booking essential, to book your place  
Carole Ajinkya on 01989 565562  
Email: carole\_miles.ajinkya@yahoo.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).**

*Simple skills save lives*

**www.herefordshireheartstart.org Twitter @HeartStart\_HFD  
Heartstart Co-ordinator 01432 850067**

**REGISTERED CHARITY DONATIONS IMPORTANT**