



# Everyday First Aid at Capel y Rhos Llannerch Road East, Rhos on Sea. LL28 4FB

Everyday First Aid, Friday, 26 January 2018

10:30 – 12:30

Is it a while since you updated your first aid skills?

A member of British Red Cross' training team will teach basic first aid skills which are simple to learn and easy to remember. Using every day scenarios and items, the training will be delivered in a relaxed and informal atmosphere.

A buffet lunch will be provided.

**Spaces are limited and bookings can only be accepted on receipt of the booking slip below. We will confirm your place before the activity.**

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Everyday First Aid – 26 January 2018. To reserve a place, please complete this slip and return by **Friday, 12 January 2018** to Metropole Basement Offices, Penrhyn Road, Colwyn Bay LL29 8LG

Name:.....Phone no:.....

Address:.....

..... Caring for:.....

If you would like the trainer to discuss a particular situation e.g. dealing with a person who is having a seizure please put details here.....

**Declaration:** I understand that Carers Outreach Service takes no responsibility for personal accident/injury whilst on any event.

Signed.....