

Do you care about other people? Would you know what to do if someone suddenly collapses in front of you? Heartstart Farnham Lions (HFL) teaches ordinary people how to determine quickly what action is necessary and to intervene, buying precious time for the casualty until the professionals arrive. By the end of 2014 over 370 local people will have trained in these skills and Heartstart Farnham hope that even more people will chose to take part in 2015. They offer free, classes twice a month, starting on 14th and then another on the 28th January. Classes commence 7pm at the St John Ambulance Hall, near Waitrose, Farnham. To book you place please email, heartstartfarnhamlions@hotmail.co.uk or call Keith on 01252 723319.

36

Join Heartstart class and learn how to save a life ^{16/1}

HEART attacks, cardiac arrests, choking fits and other serious accidents are common occurrences, particularly in the home.

When someone suddenly collapses it is quite possible, even probable, that their life is in danger.

Death may follow swiftly unless immediate action is taken; many thousands of lives are lost unnecessarily because it is not.

Heartstart Farnham Lions (HFL) teaches ordinary people how to determine quickly what action is necessary

and intervene, buying precious time for the casualty until the professionals arrive.

The team includes instructors who have been on both the giving and receiving ends of this action for real and know that simple skills save lives.

HFL ended its 2014 programme with more than 370 people trained in these skills. After the festive break, it is resuming this January with twice monthly, two-hour, free classes, having renewed enthusiasm to

fill each one and send every trainee away with a new gleam in their eyes.

Class dates to April, all Wednesdays, are: January 28, February 11 and 25, March 11 and 25, April 15 and 29.

Classes commence at 7pm in the St John Ambulance Hall near Waitrose. Each is self-contained, covering the entire course.

To book, email heartstartfarnhamlions@hotmail.co.uk or call Keith Aston on 01252 723319.

local people trained in these skills They will resume in 2015, continuing their twice monthly, two hour, free classes, striving to fill each one. Class dates to Easter are: 14th and 28th January, 11th and 25th February, 11th and 25th March and 15th and 29th April. Classes commence at 7pm at the St John Ambulance Hall, near Waitrose, Farnham. To book, email heartstartfarnhamlions@hotmail.co.uk or call Keith on 01252 723319.

When someone suddenly collapses it is very likely their life is in danger with death following quickly unless immediate action is taken; many thousands of lives are lost unnecessarily because it is not. Heartstart Farnham Lions (HFL) teaches ordinary people how to determine quickly what action is necessary and to intervene, buying precious time for the casualty until the professionals arrive. The team includes instructors who have been on both the giving and receiving ends of this action and know that 'SIMPLE SKILLS SAVE LIVES!' HFL will end its 2014 programme with over 370