

# LEARN HOW TO SAVE A LIFE

## Combs Community Defibrillator Seminar

Combs Parish Council, is installing a community defibrillator in the village, with County Council support from Julia Truelove.

The funding includes important training for anyone in the parish to learn how to use it and how to save lives.



## This is vital knowledge – you never know when you might need it.

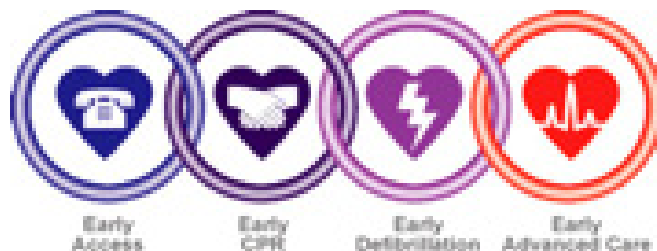
Portable defibrillators are designed to be easy to use by anyone. They are becoming more commonly seen, particularly in rural areas where it can take too long for a paramedic to arrive. There is already one outside the Co-op in Combs Ford.

The Community Heartbeat Trust will be demonstrating defibrillator use, explaining the benefits in saving precious minutes in the event of a cardiac arrest, and demonstrating how to do cardiac resuscitation (CPR).

Please come to the training to learn what they do and how to use them. You don't need a medical background.

Saturday 14th May, 11 a.m.-1 p.m. St Mary's Church Hall, Combs (refreshments will be served).

It would be helpful to know approx numbers in advance. To book your place, please call Sue Reynard on 01449 774994, or Tori Whitehead on 01449 770488.



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