



# HEART START

Monmouth Comprehensive Friends Association

**HEARTSTART**  
MONMOUTHSHIRE

## FREE 2 hour Emergency Life Support course

**Date:** Saturday 3rd June 2017  
**Venue:** Crawley Hall, Bryngwn, Nr Raglan  
**Time:** 10am to 12midday



The Heartstart programme includes skills such as:

- assessing an unconscious patient
- performing cardiopulmonary resuscitation (CPR)
- use of a defibrillator for someone in cardiac arrest
- dealing with choking
- serious bleeding
- helping someone that may be having a heart attack.



### Did you know?

- Every **6 minutes** someone in the UK dies from a **heart attack**
- Being able to do **CPR** more than **doubles** their chance of **survival**.
- To date 2.6 million people have been trained through Heartstart.

**Places are free and available to anyone aged 10 years and older. Places are limited to 12 participants for the 2 hour session and must be booked through**

**Monmouth Comprehensive Friends Association**

[www.moncompfriends@gmail.com](mailto:www.moncompfriends@gmail.com)

**Heartstart Monmouthshire is a voluntary scheme run by volunteers and supported by donations and fundraising.**

## BE EXTRAORDINARY

**The BHF's Heartstart initiative teaches members of the public what to do in life threatening emergency**

Want to find out more about Heartstart?

[cara@raglan.net](mailto:cara@raglan.net)

07936 407616

[twitter.com/HeartstartMon](https://twitter.com/HeartstartMon)

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