



# World First Aid Day 9th Sept

**Help yourself and others by learning first aid so you have the skills and confidence to cope in a crisis.**

Session will cover head injury, severe bleeds, burns, broken bones, distress and unresponsiveness (both breathing and not breathing). The aim is not to turn you into paramedics but simply for you to be useful if something happens in **your** community.

**To reserve a space contact**

[sally.mustoe@btinternet.com](mailto:sally.mustoe@btinternet.com)

or

**10.30-12.30 or 13.30-15.30**

**Dance Studio, Hornsey Town Hall, The Broadway, N8 9JJ**

[redcross.org.uk/everydayfirstaid](http://redcross.org.uk/everydayfirstaid)



Donation of £5 per person payable on the door for the UK Solidarity Fund (for victims of recent UK emergencies e.g. Westminster and Grenfell)

**Refusing to ignore people in crisis**