



Patron The Countess of Darnley JP.  
Her Majesty's Lord-Lieutenant of  
Herefordshire

Registered Charity No: 1082309

**Would you know what to do if  
your loved one suffered a life  
threatening emergency? If not  
book a place now at a:-**

**FREE Two Hour  
Heartstart Course (CPR etc)  
Any Venue  
in Herefordshire**

**Date TBA week day or evening  
Time Daytime or Evening**

**Booking essential, to organise a  
course, please call or email:**

**info@herefordshireheartstart.co.uk  
or Call 01432 850067 or  
0845 60 60 654**

**Office open Mon-Thurs 9am-3pm Term time only**

**You will learn how to:- call for help, help someone  
who is unconscious, recognise the warning signs of  
a heart attack, deal with choking or serious bleeding and per-  
form CPR (cardiopulmonary resuscitation).**

***Simple skills save lives***

**www.herefordshireheartstart.org Twitter @HeartStart\_HFD**

**REGISTERED CHARITY DONATIONS IMPORTANT**