



Everyday First Aid

KEEP CALM IT'S ONLY FIRST AID

Sessions will be held at **South Staffordshire Work Clubs**. The sessions are informal and informative, with the idea being to refresh old skills and learn new **First Aid** skills.

The skills covered range from dealing with unconsciousness (breathing and NOT breathing) to head injuries, seizures, bleeding, broken bones and dealing with distress.

Please contact **Donna Hollinshead** on 07841865921

