

First Aid Report 2023

Following Hazel Shirley's First Aid sessions, many members came to me for hands on practical experience and further First Aid instruction, which I tailor to individuals' needs.

The sessions are 2 hours long on Monday, Wednesday and Friday mornings, max 4 people at a time.

Refresher sessions are very important on a yearly basis, people can come for any number of sessions, 2 is the usual, initially, though 3 sessions are better for beginners.

I will be taking sessions again from mid January, through to the end of April. (I always say that, but invariably continue for several further weeks)

Patricia Barnard
Group Leader