

CPR @ the TCC on 17/1/2026...

You are invited to enrol on to a 90-minute training session, at no cost to yourself, to learn or refresh CPR (sudden heart attack resuscitation) and the use of our new TCC defibrillator.

There will be two sessions of training on the 17th of January 2026, the first one starting at 9:30 the second at 11:30 at the TCC.

The training will cover CPR and the use of a new defibrillator plus how to put a patient in a recovery position.

If interested, please ring Trevor on 07815 096842 for further information or to book a place on the course.

Dress code for women is ideally trousers as the training will involve kneeling and lying on the floor.

Refreshments on arrival...

Trevor

Trevor Lloyd-Adams