

**FREE**

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# Family First Aid

Interactive Zoom Sessions

for parents/carers

1 hour sessions covering  
vital emergency skills

| Monday<br>8 <sup>th</sup> June      | Wednesday<br>10 <sup>th</sup> June                 | Monday<br>15 <sup>th</sup> June                          | Thursday<br>17 <sup>th</sup> June |
|-------------------------------------|--|--|-----------------------------------|
| 9.30 – 10.30am                      | 9.30 – 10.30am                                     | 9.30 – 10.30am   | 9.30 – 10.30am                    |
| Choking<br><br>Recovery<br>position | Adult CPR<br>Child CPR<br>Baby CPR<br>Using an AED | Head injuries<br>Bleeding<br>Shock<br>Seizures<br>Sepsis | Q&A<br>Additional<br>topics       |

Join us to learn these life saving skills in a fun, interactive way  
from the comfort of your own home

For more information, or to enrol, contact Rebecca Jones

**[family.learning@eastsussex.gov.uk](mailto:family.learning@eastsussex.gov.uk)**

stating which sessions you would like to attend



**tumbledown  
training**

*First Aid for Life*

[www.tumbledowntraining.co.uk](http://www.tumbledowntraining.co.uk)

