



North Tyneside  
Carers' Centre

## BASIC FIRST AID

Would you like to improve your knowledge of Basic First Aid skills and have the confidence to deal with a situation should it arise in your home.

**Thursday 25th March**  
**2 - 3.30pm**  
**(Online session)**

Join us for this free informal session which will be delivered by the Red Cross.

During the session you will cover essential first aid skills, including how to help someone who has a broken bone, is bleeding heavily or having a heart attack or stroke.

Carers who attended this First Aid session told us *"Interesting and confidence boosting" ...."I now feel more confident that I could do something appropriate to help someone needing assistance in an emergency"*.

Visit [www.northtynesidecarers.org.uk/getting-online](http://www.northtynesidecarers.org.uk/getting-online) for videos and instructions on how to use Zoom before you join the session.

**To sign up:**

Follow Us On Social Media



North Tyneside Carers' Centre



@NTCarers



0191 643 2298



training@ntcarers.co.uk