

Restart a Heart Day

16 October 2019

ALL CITIZENS OF THE WORLD
CAN SAVE A LIFE

Over 30,000 people suffer cardiac arrests out of hospital in the UK every year, currently less than 1 in 10 survive.

Active Northumberland, Blyth lifeguard and swimming club and local training business AET First Aid have partnered up this year to help raise awareness and offer free adult, junior and infant CPR at Astley Community High School in Seaton Delaval on Wednesday 16 October 2019, 7pm-9pm.

Spaces are limited, to pre book or for more information please contact either Andy Evans or Michele Weedy.

email: AETFirstaid@gmail.com or micheleblsc@yahoo.com

Come and take part in this world wide event

#RestartaHeart