



Join the free course for residents, hosted by T & M Greg Trust and Westmill Parish Council in:

Community First Aid Essentials

**at 7pm
on Thursday 24 September 2026
in Westmill Village Hall**

Booking is essential as places are limited

This session covers first aid for adults and is run by St John Ambulance volunteers. It includes:

- Recovery position
- Choking
- CPR and how to use a defibrillator (AED)
- and more

This session takes up to 90 minutes

Places are limited, please email trustees@tmgt.uk to book

For those wishing to make a donation to St John Ambulance, there will be the opportunity to do so on the evening or sja.org.uk/donate/