



Defibrillator Training

Come along to the
Recreation Centre, Dalston
on
Wednesday 27th November
from 7pm - 8pm
for
Defibrillator Training

We have several defibrillators around the parish to be used in the case of a cardiac arrest. When they are needed it would be understandable if anyone panicked. To enable such a situation to be as effective as possible we have arranged the above training session

**How to use a
defibrillator
(AED)**



We hope you will take the time to come and learn how to use the defibrillators. To book a place please contact by:-

email clerk@dalston.org.uk or phone 01228 712766

Defibrillators in the Parish

The Recreation Centre entrance, Dalston, CA5 7QB
Sports Hall entrance, Caldew School, Dalston, CA5 7NN
Valley Court on the Barras Lane Estate, CA5 7NY
Greensyke House, Greensyke Lane, Cumdivock, Dalston, CA5 7JD
Paragon Vet Group, Carlisle House, Townhead Road, Dalston, CA5 7JF
Raughton Head School, Raughton Head, CA5 7DD
Hospice at Home, Barras Lane Industrial Estate, CA5 7NY

**THE MOST IMPORTANT THING IS TO
CALL 999
&
START CPR**