First Aid for Parents Session

Would you know what to do if your **child was choking** or how to spot the signs of **meningitis**? Did you know that every year over **one million children** under the age of 15 are taken to A&E after experiencing an accident in and around the home?

Our specially designed programme for parents, family members and anyone who cares for children provides essential First Aid training and will give you the skills, knowledge and confidence to administer appropriate first aid and cope effectively in the event of an emergency involving a child or baby, such as:

- **Resuscitation**
- **Dealing with a choking child**
- **Meningitis awareness**
- **Dealing with concussion**
- **Recovery position**
- **Cot death awareness**

Our next session is:

**Thursday 11th December 2014**
**7.20pm to 10.00pm**

_Held in the Education Centre’s lecture theatre at Southend Hospital*

We would appreciate a suggested donation of **£14.00 per person**. The monies raised will go towards Southend Hospitals Ladybird Nursery *****.

If you would like to attend, please complete the slip and return it with your cheque made payable to ‘Southend Hospital NHS Trust’ to:

Family Support Office, Education Centre, Southend Hospital, Prittlewell Chase, Westcliff-on-Sea, Essex, SS0 0RY.

We look forward to seeing you there.

Kind regards

Natasha Holland
Family Support Coordinator
01702 507113

* The Education Centre is located at the rear of the hospital and to the right of the multi-story car park.

** Donations are non refundable.

*** Charity number: 1057266, under the auspices of Southend Hospital Charity

Please note this session will not qualify you for Ofsted, it is designed for parents, family members, carers etc.

I enclose a cheque for the sum of __________ and would like to book __________ place/s for the Thursday 11th December 2014 First Aid Session. (Please **clearly** write the names of all persons attending on the back of this form for the certificates.)

Name_________________________________________ Telephone no____________________

Email_________________________________________

Where did you hear about this event _____________________________________________