



## Emergency First Aid for Carers

**11:00 to 12:30 on Friday 8 April 2022 (United Reformed Church)**

**10:30 to 12:00 on Wednesday 27 April 2022 (Zoom event)**

**The Workshop:** Sheffield Carers Centre are partnering with British Red Cross on this session which aims to help carers who want to learn some simple skills needed to deliver first aid in an emergency

**Why First Aid Matters:** Only 16 per cent of people in the UK have the confidence and knowledge to help save someone's life, and 8 in 10 adults wouldn't know what to do if you or a loved one collapsed, were unresponsive and not breathing.

**To book your FREE place email: [bookings@sheffieldcarers.org.uk](mailto:bookings@sheffieldcarers.org.uk)  
or phone the Carers Centre on 0114 278 8942**

**Please confirm if you want to attend the in-person session (8 April)  
or the online Zoom session (27 April) when booking**

To discover more about how we help and support unpaid carers

**[www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk)**

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