HEART TO HEART SUPPORT

PART OF

Safer Rossendale

Have you seen, or supported, someone who has experienced a cardiac arrest?

You might have many questions about what has happened, and in your own time, might feel you need to talk about this (whatever the outcome).

A free support session is available to you on the last Sunday of every month (excluding December) at St Veronica's Church Hall, 503 Helmshore Road, Rossendale, BB4 4JR, 2.30-4pm.

Here, you can learn more about what cardiac arrest is, talk to trained peer supporters about your experience, and access training in basic life support if you would like.

This support is for anyone within East Lancs, Bury, Rochdale or further afield, who might need someone to talk to. For more information, contact Emma on 07425865504 or just drop in on the day.

Resuscitation Council UK

See our Facebook Page at Heart to Heart Support

ROSSENDALE BOROUGH COUNCIL