



NHS 75

South East Coast
Ambulance Service
NHS Foundation Trust

Restart-a-Heart Week

October 2nd 2025, at
Eversley Village Hall.



Learn CPR, act fast, save lives.

These awareness sessions will be **practical hands-on** covering the chain-of-survival, CPR, using a defibrillator and led by qualified SECAMB Community First Responders and Paramedics

Family - 11yrs to Adult, 6 pm to 7pm

This is a shorter, lively, and to some extent fun hands-on awareness session focused on what to do in an emergency.

Based on the programme we successfully deliver to hundreds of school children every year.

Adult - 15yrs to Adult, 7.30 pm to 9pm

More in depth but still very hands on covering what to do in an emergency. All of the above topics are covered along with 3 practice drills using resuscitation manikins and defibrillators. The practical drills follow the same components taught to our Community First Responders.

To book - Please email the number of people, ticket price, and the time you would like to attend, to evhbookings@hotmail.com or call 0118 380 5744. Cost £5.00 per person. Over 65 and under 18 £2.50.