

## Elstead Parish Council Invitation



Did you know 30,000 people have a cardiac arrest outside hospital each year and that use of an AED within 3-5 minutes (combined with CPR) gives an unresponsive person who isn't breathing a 50%-70% chance of survival.

Automated external defibrillators (AEDs) are designed to be used by members of the public, and are very effective at guiding the operator through the process of administering the shock.

In Elstead we have three public AEDs, at the Pavilion Thursley Road, The Spar Shop on the Village Green and Burford Lodge Recreation Ground. They are safe and easy to use, and will not allow a shock to be given to a victim who does not require one.

Come along and bring family and friends to the Youth Centre Elstead Youth Centre on Saturday 11th May 2019 at 12.30 till 2.30 pm for an AED awareness training session that will include an update on CPR to ensure you understand how to use the machine confidently to save a life.

Contact The Clerk email: [elsteadpc.clerk@gmail.com](mailto:elsteadpc.clerk@gmail.com) to book your place.