

Fylingdales Parish Council

Following the successful AED training we are now able to offer hands on CPR Training



2 Free Sessions available

To be held at Robin Hoods Bay
Methodist Church Rooms,
Manor Road: 6.30-8.00pm

Session 1:

Monday 29th September 2025
6.30pm – 8.00pm

Session 2:

Monday 27th October 2025
6:30pm – 8:00pm

- Come and familiarise yourself with **Free** hands-on CPR training provided by Fylingdales Fire Service
- Limited to 10 places at each session - booking essential
- To book a place please contact:
Councillor Penny Whitesmith
Tel: 07870 338048 or email
Cllr.p.whitesmith@fylingdalespc.org.uk

Organised by Fylingdales Parish Council

Further dates will be arranged to meet demand

This is not a certification training

The Parish Council took up your suggestions that we should take on management of the 4 defibrillators in the area. We are very grateful to the volunteers in the community who help us to monitor them and keep them ready for use.

In 2024, we arranged for the Yorkshire Ambulance Service to come and deliver some training sessions on how to use the defibrillators. This was an incredibly useful couple of events, attended by over 60 residents. It's worth doing the training and we will be arranging more introductory sessions of this nature. An important lesson is that you DON'T run and get the defibrillator. Your first job is to stay with the patient, call 999 and start CPR. This has prompted us to offer CPR training; see the details above. This is hands-on training and is therefore limited to 10 people at each session. Book your places soon. You could be instrumental in saving a life!