



PHYSICAL FIRST AID FOR ADULTS (4.5 HOURS)

WI Campaign 'Bystanders Can be Lifesavers'

Why sign up?



Free to attend
Travel expenses covered (up to £10)



- ☒ Learn life-saving skills such as CPR, treating choking, and managing bleeding or burns.
- ☒ Gain confidence to act in real emergencies — whether at home, in the community, or while travelling.
- ☒ Hands-on, practical training guided by friendly, experienced instructors.

Takeaway:

Take home a free First Aid workbook to refresh your knowledge and record your learning.

**MARKET HARBOROUGH - UPPINGHAM –
EAST GOSCOTE - ASHBY DE LA ZOUCH -
HINCKLEY - OAKHAM**

Bookings opening soon - contact WI House
DENMAN TRUST GRANT

