Basic Life Support (BLS) & NALOXONE TRAINING

Learn Skills That Save Lives!



22nd SEPTEMBER

12:30-2:30pm

Colindale Community Trust

NW9 5XA

12:30PM–1:30PM

BASIC LIFE SUPPORT & CPR

- Recognise a medical emergency
- Learn the basics of CPR
- Practise lifesaving techniques
- Know what to do while waiting for emergency services

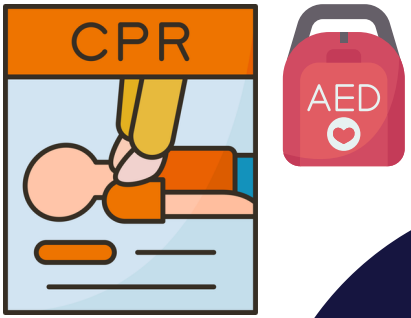
1:30PM–2:30PM

NALOXONE TRAINING

Delivered by Change Grow Live

- Recognise the signs of an opioid overdose
- Learn how to administer naloxone
- What to do after giving naloxone and while waiting for help
- Find out how to access further naloxone supplies

Someone's chance of survival decline 10% every minute without bystander CPR. Come and learn how to save a life.



COLINDALE COMMUNITIES TRUST

Change Grow Live

Notting Hill Genesis