

## REPORT ON FIRST AID COURSE, AVINGTON 19 OCTOBER 2018

Fifteen residents of Avington attended a course in basic first aid on Friday 19<sup>th</sup> October 2018. Ages ranged from under 20 to over 70, a good cross-section of the village . Everyone said how much they benefited from the relaxed but professional teaching by Martin, the Red Cross trainer, who expertly tailored the course to the needs of residents. One person wrote afterwards that the course was “the best ever and really helpful” and another email said “ Big Thank You for organising the First Aid Course and encouraging people to go along, don’t think if it hadn’t been made so easy that I would ever have gone on one!” and “ Really informative and useful..”

Our thanks to The Itchen Valley Parish Council and to the organisers of Boomtown for making a grant to cover a large proportion of the cost of this course, which made it more accessible to everyone.

