

## **First Aid Defib Interim Update**

Three First Aid Defib courses have taken place, spread over six sessions. The following are some of the comments made on the second and third course feedback forms:

- Thoroughly enjoyable and extremely valuable, well delivered course that could enable me to save someone's life
- A very good course, the best one I have attended
- Enjoyed the course, put over very well
- The two sessions of three hours worked well, very good instruction on all aspects.
- I was very nervous to start, but soon relaxed and enjoyed the sessions

The last course in this series is due in April, again spread over two Wednesday mornings.

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