



British Heart
Foundation

HEARTSTART

Training a nation
of life savers

Time: 7pm - 9pm

FREE Defibrillator and CPR Awareness Course

In association with Knockin Parish Council

Venue: Knockin Village Hall

Date: Thurs 21st May 2026

How to recognise a cardiac arrest and use
a Public Access Defibrillator.

This is a demonstration and practical session,
suitable for ages 12+. Old clothes recommended.
FREE (but cash donations to CFRs welcome)

Places are limited, so please contact

clerk@knockin-pc.gov.uk or call

01691 674742 to book a spot

Leader: Effie Cadwallader, Community First Responder

Sign up for
a Heartstart
course and
learn how
to save a life.

**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk

Training a nation of life savers

The British Heart Foundation has a vision to create a nation of life savers. As part of that vision, we're doing everything we can to make sure the British public know CPR and can use public access defibrillators.