



THAMES VALLEY NETWORK



## FIRST AID DAY

**Friday, 4<sup>th</sup> October 2019 at 10.30 to 16.00**  
**Benson Parish Hall, Benson. Oxon. OX10 6LZ**

**Coffee will be served from 10.00am**

This day will be a chance to learn basic first aid for the type of illness or accident we are most likely to encounter during various U3A activities. Most of the day will be lectures (so bring notebooks) but there will also be practical demonstrations and some opportunities for hands on practice.

For this reason the number of attendees must be limited to 60 so please apply immediately as we expect a high demand for places.

There will be no qualification issued as a result of attending but the object is to equip us with the skills to deal with any situation until professional help arrives.

The cost of the day is £14.00 per member which includes tea and coffee served on arrival and a buffet lunch (with vegetarian options). Please advise on any food allergies.

The day is open to all members of U3As in the Thames Valley Network. Application forms can be obtained from the website at: [u3atvnetwork.org.uk](http://u3atvnetwork.org.uk) or from your own U3A.

Attendance will be confirmed on receipt of an application form and cheque payable to U3A Thames Valley Network (please note we cannot accept electronic payment or bank transfer).

If you have any issue which you would particularly like to be addressed, please inform Susie as soon as possible.

**Please return completed forms to:**

**Mrs Susie Berry OBE**  
**Lavender Cottage**  
**Box Tree Lane**  
**Postcombe**  
**OX9 7DY**

**Telephone: 01844 281137**

**Mobile: 07966 132738**

**[susie@susieberry.co.uk](mailto:susie@susieberry.co.uk)**

**Please enclose an s.a.e. for acknowledgement, if you have not given an email address.**