

Nevendon Centre  
Nevendon Rd,  
SS12 0QG



*In collaboration with  
London Road Surgery,  
Robert Frew Medical Partnership  
& Swanwood Partnership*

# Wickford Wellbeing

## Cafe!

### NEVENDON CENTRE

11:30 Wednesday 13<sup>th</sup> August

## BASIC LIFE

## SUPPORT

## TRAINING

Including babies, children and adults, also use of a defibrillator, choking and anaphylaxis

PLEASE REGISTER YOUR PLACE BY EMAILING [ELLEN.HINKLEY@NHS.NET](mailto:ELLEN.HINKLEY@NHS.NET)



Come along for a cup of tea & a biscuit. Speak to Social prescribers & find out about local groups, activities & help & support in your community

**Free to attend**

