

## SOCIAL SCENE 2018 (updated 11 Feb)

**Saturday  
10 March**      **Heartstart Course – Bransgore Community Church**  
**Bransgore First Responders will help us to understand:**

*How to deal with an unconscious person  
Recognise a heart attack/cardiac arrest victim  
Perform CPR/Deal with choking/Response to bleeding*

**Morning session – no charge but limited places  
Must be pre-booked - please check for availability**

**Thursday  
15 March  
12.30**      **Catch up lunch**  
**The Hobler, Lymington Road, Brockenhurst SO41 8PT**

**Thursday  
24 May**      **Catch up lunch**  
**Green Dragon, High Street, Brook 12.30**

**Saturday  
9 June  
Court**      **Coach Trip to Hampton Court Palace**  
**Optional 9 mile Thames Path – Chertsey to Hampton**  
**Optional 6 mile Hampton Court Park & Bushy Park**  
**Or..your own arrangements**

*As a thank you to all our members who support  
our events we are pleased to offer this trip at a  
subsidized rate*

**Saturday  
11 August**      **Chairman's Walk/Sausage Sizzle/Mini Treasure Hunt**  
**Anderwood BBQ Site – Lyndhurst Road (off A35)**  
**Grid ref SU 249058**

**Interested in a Map & Compass Course?**

**If so, please register with Kathy – further details to follow**

## BOOKING FORM

**PLEASE NOTE BOOKINGS REQUIRED FOR CATERING PURPOSES  
AND WILL CLOSE ONE WEEK PRIOR TO THE EVENT**

**Coach Trip**      **£10.00\*\***

**Sausage Sizzle**      **£ 7.00**

**Name/s** \_\_\_\_\_

**Phone/e-mail** \_\_\_\_\_

**Total enclosed:** \_\_\_\_\_

**Cheques payable to RA/New Forest Group**  
**To: Kathy Macey, 2 Northover Road, Pennington, Lymington,**  
**Hants SO41 8GW**

[social@newforestramblers.org.uk](mailto:social@newforestramblers.org.uk)  
**01590 672938// 07704250141**

**As a thank you to our supporters we are pleased to offer a subsidized rate  
to New Forest Group and Associate Members\*\***

***In the event of cancellation/no show to any event, we  
will endeavour to re-sell, but this cannot be guaranteed***

## HEARTSTART COURSE

Saturday 10 March BRANSGORE COMMUNITY CHURCH,  
Shackleton Square, Bransgore BH23 8AJ starting at 09:30 am.  
Bransgore First Responders will deliver and demonstrate  
techniques for the following emergencies. This is not a first aid  
course – purely a Heartstart course.

- How to deal with an unconscious person
- Recognise a heart attack victim and a cardiac arrest
- Perform CPR
- Deal with choking
- Respond to serious bleeding

The course will last approximately 2.5 hours. Space is very limited  
and offered on a first received basis but should this become over  
subscribed a further course will be arranged.

If you wish to attend please contact Kathy:  
social@newforestramblers.org.uk  
01590 672938