

First in First Aid



MEDIA RELEASE

19th April 2006

St John on show at Castle Towers

St. John Ambulance Australia will be giving First Aid demonstrations at Castle Towers Shopping Centre, Castle Hill on Saturday 29th April from 9am until 4pm.

The demonstrations will focus on what first aid to perform if someone was choking, drowning or suffering from a heart attack.

The public are invited to come and talk to Hills Division members who will be on hand to answer any questions, perform practical demonstrations and offer information regarding first aid, training courses, volunteer work and how St John first aid services are provided at local community and major events.

"I encourage members of the public to come along and find out more about what St John does. They can find out how easy it is to enrol for a first aid course, learn how St John volunteers help organisations throughout the community and how anyone can be a part of this valued and rewarding service," said Janette Ellks, Superintendent, St John (NSW) Hills Division.

Janette also invites people who are interested in volunteering to attend a Hills Division meeting to find out more about St Johns, first aid and what it is to become a volunteer. These meetings are held every Tuesday evening from 7:30pm until 9:00pm at Building 18B Balcombe Heights Community Estate, 92 Seven Hills Road, Baulkham Hills.

For further information please contact 1300 360 455.

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