

**FREE**  
**Take me**

# **LECHLADE ANNUAL FLOWER & PRODUCE SHOW**

**Memorial Hall, Lechlade**

**Saturday 5th September 2026**

## **How to take part**

**Enter by Tuesday 1st September**

## HOW TO ENTER

- 1) Choose your classes (pages 5-10)
- 2) Complete entry form (page 13)
- 3) **By Tuesday 1st September** deliver your entry form and fee to:  
Audrey Barnes, 1 Roman Way, Lechlade, GL7 3BS.

## Late entries will not be accepted

### KEY TIMINGS

**Tuesday 1st September:** Last date for entering the Show

#### **Saturday 5th September:**

|                 |   |
|-----------------|---|
| 9:30 – 11:00 am | Bring your exhibits to the Memorial Hall<br>You will be shown where to stage them<br>Opportunity to buy raffle tickets – great prizes |
| 11:00 am        | Leave the exhibition area   |
| 11:15 am        | Judging begins  |
| 2:00 pm         | Show open to the public and exhibitors<br>Opportunity to buy raffle tickets – great prizes<br>Teas and home-made cakes                |
| 4:00 pm         | Prize giving and raffle prize draw  |
| 4:30 pm         | Take home your exhibits when stewards allow.  |

**For further information about the Show please contact any of the following members of Lechlade Gardening Club:**

Ros Godden (Chairman) 01367 250322/07826 114088

Barbara McNaught (Secretary) 01367 252286

Audrey Barnes 01367 252242

Margaret Bindon 01367 680397

Sue Brooks 07805 828297

Christopher Chadwick 01367 640328

Jenny Stewart 01367 253524

## 2025 Flower & Produce Show Winners

| <b>Trophy</b>                          | <b>Section</b>  | <b>Current Holder</b> |
|--|---|-----------------------|
| <b>Chairman's Cup</b>                  | For person with most points in the Show                 | Trudie Macdonald      |
| <b>Lechlade Gardening Club Cup</b>     | Flowers and Herbs                                       | Trudie Macdonald      |
| <b>Allcourt Meadow Cup</b>             | Photograph on Allcourt Meadow                           | Alwyn Davies          |
| <b>Barclays Bank Rose Bowl</b>         | Flower Arrangement                                      | Jennie Akroyd         |
| <b>Ruth Gilliard Cup</b>               | Plant in a Pot  | Mary Bainbridge       |
| <b>David Bindon Cup</b>                | Craft   | John McNaught         |
| <b>Cotswold Wine Company Salver</b>    | Drinks  | Clodagh O'Halloran    |
| <b>Crowdy &amp; Rose Cup</b>           | Photography   | Matt Stott            |
| <b>Cutler &amp; Cashin Cup</b>         | Vegetables  | Jim Kinch             |
| <b>Lechlade and District Lions Cup</b> | Craft   | Lynne Glover          |
| <b>Lewington Trophy</b>                | Children  | Hannah Chamberlain    |
| <b>Jim Ludlow Cup</b>                  | Fruit   | Richard Smith         |
| <b>Moore Allen &amp; Innocent Cup</b>  | Domestic  | Christine Morgan      |
| <b>John Sheffield Trophy</b>           | Photography   | Clodagh O'Halloran    |
| <b>WI Rose Bowl</b>                    | For the Lechlade WI member with most points in the Show | Ros Godden            |

2025 winners must return their trophies to Margaret Bindon, by 31 July 2026.

**THANK YOU FOR PROVIDING RAFFLE PRIZES FOR  
THE 2025 SHOW:**

Bampton Garden  
Company

The Cats Pyjamas

The New Inn

Blue & Boheme

Hillier's Garden  
Centre

The Trout Inn

Budgens

The Swan

Tangles

Cotswold Wildlife  
Park

Miller and Holland

Cutler &  
Cashin

Garden Club  
(2 prizes)

Lechlade Motor  
Company

NISA

Lechlade Garden  
Club Member  
(2 prizes)

Burford Garden  
Company

Riverside  
Pub

## Section A Vegetables

Cup donated by Cutler & Cashin

See page 18 for tips on exhibiting your veg (taken from the RHS Show Handbook, 2016).

*Each exhibit to consist of one variety, unless otherwise stated.*

***Please label produce produced from Adam Alexander seed***

### Class

- 1A 3 Beetroot
- 2A 3 Carrots
- 3A 2 Courgettes 10 – 20 cm in length
- 4A 2 Leeks intermediate, 15 – 35 cm base to button, max 5 cm in diameter
- 5A 3 Onions
- 6A 4 Potatoes, white all over
- 7A 4 Potatoes, coloured (includes white potatoes with coloured eyes)
- 8A 6 Runner Beans
- 9A 6 French Beans
- 10A 4 Shallots
- 11A 1 Garlic bulb
- 12A 2 Cucumbers
- 13A 2 Parsnips
- 14A 3 Large tomatoes, 7 cm diameter or over, with calyx
- 15A 5 Medium tomatoes up to 7 cm diameter with calyx.
- 16A 5 Cherry tomatoes up to 3.5 cm diameter with calyx
- 17A A truss of 5 or more tomatoes
- 18A 2 Sweet peppers
- 19A 3 Hot (chilli) peppers
- 20A 2 Squash
- 21A Any Brassica (1 exhibit for large types, e.g. cabbage/cauliflower; 5 for small types e.g. Brussels sprouts)
- 22A Longest runner bean
- 23A Heaviest marrow, pumpkin
- 24A Selection of four or more types of vegetable in a standard black seed tray
- 25A Any misshaped vegetable
- 26A Any other vegetable not specified in earlier classes

## Section B Fruit

Cup donated by Jim Ludlow

*Each exhibit in classes 1B – 7B to consist of one variety*

### Class

- 1B 3 Apples, Cooking with stalks
- 2B 3 Apples, Dessert with stalks
- 3B 3 Pears with stalks
- 4B Heaviest apple
- 5B 10 Blackberries with stalks, displayed on a plate
- 6B 10 Raspberries with stalks, displayed on a plate
- 7B Any other fruit not on schedule
- 8B** Bowl (max 30 cm diameter) of 3 or more different kinds of fruit. Several of each allowed.

# Section C Flowers & Herbs

Cup donated by Lechlade Gardening Club

Ruth Gillard Trophy, donated by the Gillard family, for the best plant in a pot  
(classes, 24C – 27C)

## Class

- 1C Dahlia, over 8" / 20cm in diameter, 1 bloom
- 2C Dahlia, pompom or ball, 1 bloom
- 3C Dahlia, collarette or single, 1 bloom
- 4C Dahlia, any other variety, 1 bloom under 8" / 20cm
- 5C Dahlias, pompom or ball, 3 blooms
- 6C Dahlias, collarette or single, 3 blooms
- 7C Dahlias, same variety & colour (not pompom, ball, single, collarette), 3 blooms
- 8C Dahlias, mixed varieties (any size or colour permitted), 3 blooms
- 9C Any other corm, bulb, rhizome or tuber (not dahlia), 3 stems of the same variety, any colour or colours
- 10C Rudbeckia, 3 blooms of the same variety
- 11C Perennials (not dahlias or rudbeckia), 3 – 5 stems single variety and colour
- 12C Perennials (not dahlias) mixed varieties and colours
- 13C Geranium/pelargonium, 3 blooms/stems
- 14C Cosmos, the same variety and colour, 5 blooms
- 15C Cosmos, mixed varieties and colours, 5 blooms
- 16C Annuals (not Cosmos), same variety and colour, 3 – 5 stems
- 17C Annuals, mixed varieties and colours
- 18C Hydrangea, 1 bloom
- 19C Grasses and/or seed heads, mixed varieties
- 20C Rose perfumed, 1 bloom
- 21C Roses, cluster flowered (floribunda) 1 spray
- 22C Roses, 1 specimen bloom
- 23C Herbs, 5 different kinds in one vase
- 24C A Foliage Plant\* in a pot up to 20 cm in diameter
- 25C A Flowering Plant\* in a pot up to 20 cm in diameter
- 26C Cacti or succulents\* – one or more varieties in a pot up to 20 cm in diameter
- 27C CLUB CHALLENGE FOR MEMBERS OF LECHLADE GARDENING CLUB:  
Begonia in a pot up to 20cm in diameter (using corm provided by the club)

*\*Pot plants must have been in the exhibitor's possession for more than three months.*

## Tips for Exhibitors

- Floral foam (e.g. Oasis) may not be used.
- Provide your own vase. Choice of vase/container should not detract from the blooms.
- Choose blooms with strong straight stems. Remove damaged leaves, stems, and flowers.
- Generally flowers should face the same direction.
- Show the variety name if known. If needed stewards can provide card for labels.
- Pompom and Ball Dahlias should be a full ball; no fallen/missing florets near the stem.
- Stems/sprays may include multiple flowers and/or unopened flower buds.
- Remove surplus blooms/buds if the class specifies a set number e.g. 1, 3 or 5 blooms.
- If a number of blooms is not specified, the greater the variety of **good quality** specimens the better.
- Plant in a pot: the plant should be well rounded. Pot size must not exceed 20cm.

# Section D Flower Arrangement

**Rose Bowl donated by Barclays Bank plc**

*Shop bought material may be used in this Section. Use fresh material.  
Floral foam (e.g. Oasis) may not be used.*

## Class

- 1D At the beach
- 2D Bonfire Night  
*In 1D and 2D accessories may be used; maximum space allowed 60 cm x 60 cm, height in proportion to your arrangement.*
- 3D A floral arrangement in a tea pot
- 4D Floating Flowers
- 5D **Petite Arrangement** (not to exceed 25 cm x 25 cm x 25 cm)
- 6D A **Miniature Arrangement** (not to exceed 10 cm x 10 cm x 10 cm)

# Section E Domestic

**Cup donated by Moore Allen & Innocent**

*All labels should state content and date.  
Jars should be sealed with a twist top lid (not screw top).*

## Class

- 1E Jar of jam – sweet or savoury
- 2E Jar of marmalade
- 3E Jar of chutney or pickles
- 4E Jar of jelly – sweet or savoury
- 5E Jar of fruit curd

*Classes 6E – 16E to be exhibited on a plate with transparent cover*

- 6E Chocolate Cake – use recipe on page 16.
- 7E MALE STAR BAKER – Jam Swiss Roll – use recipe on pages 17
- 8E 4 Savoury Scones
- 9E 3 Gingerbread Men
- 10E Gluten Free cake
- 11E Any type of tray bake. Exhibit 2 pieces each approx. 10 cm x 5 cm
- 12E Shortbread. 2 pieces
- 13E Handmade loaf of bread
- 14E Machine made loaf of bread
- 15E 3 Rock Cakes
- 16E A vegetable Cake e.g. carrot, courgette, beetroot

## Section F Drinks

**Salver donated by Cotswold Wine Company**

*All drinks to be exhibited in a clear glass bottle*

- 1F Flavoured Gin
- 2F Flavoured Vodka
- 3F A non-alcoholic drink
- 4F A sparkling/fizzy drink

## Section G Classes for Children

**CHILDREN MAY ENTER ALL CLASSES IN THE ADULT SECTIONS** (and pay the children's fee of 10p for each class).

### Photography for Children under 16

*Entries should be unmounted, maximum size 10 cm X 15 cm*

*Section, Class Number, Name, Address and Age should be written on reverse.*

*Any title may be put on a card available on the day.*

#### **Class**

- 14G Sunset
- 15G Pets
- 16G Tree or Trees

## Section H Photography

**Cup, donated by Crowdy & Rose, for person with most points in section 1H – 7H**

**John Sheffield Trophy, donated by Lechlade Photographers, for the  
Best Photograph in the Show (includes classes 14G – 16G; 1H – 7H)**

**Allcourt Meadow Cup, donated by Allcourt Meadow Trustees, for best photo of Allcourt  
Meadow (class 7H)**

### **N.B. PHOTOGRAPHY CLASSES ARE NOT OPEN TO PROFESSIONALS**

*Entries should be unmounted, maximum size 10 cm x 15 cm  
Section, Class Number, Name, and Address should be written on reverse.  
Any title may be put on a card available on the day.*

#### **Class**

- 1H Harvest
- 2H Sepia
- 3H Reflections
- 4H Creepy Crawlies
- 5H Bird Table Activities
- 6H My Favourite Food
- 7H A picture taken on or of Allcourt Meadow. *OPEN TO ALL AGES*

### **Photography Subjects for 2027:**

Woodland,  
Sunrise or Sunset,  
Butterfly or Butterflies,  
River Life  
Silhouette,  
Garden in bloom

## Section J Crafts

**Cup donated by Lechlade Lions** for person with most points in the section

**David Bindon Cup** for the best item in classes 11J, 12J, 13J, 14J and 15J

*Items previously exhibited in the Lechlade Annual Flower & Produce Show are not eligible.*

*Use plain white card to **state if item is your own design or made from a kit**, and note any special points of interest, e.g. painted background, additions to basic kits, items recycled etc.*

### Class

- 1J Embroidery, cross-stitch or tapestry article
- 2J Needle felted or felted item
- 3J A piece of hand crafted lace, crochet, or tatting
- 4J Handmade jewellery
- 5J A collage or mosaic in any medium (max size 30 cm x 42 cm (A3))
- 6J An item of paper craft , decoupage
- 7J A knitted article
- 8J Article of clothing that is not knitted
- 9J A quilted item
- 10J Calligraphy (max size A3)
- 11J Any hand crafted article made from metal
- 12J Any hand crafted article made from pottery or stone
- 13J Any hand crafted article made from glass
- 14J Any hand crafted article made from wood, e.g. carving, turning, pyrography
- 15J An article crafted from recycled material





Proud organisers of the 22nd Annual Flower & Produce Show

Lechlade Gardening Club is open to all residents in Lechlade and the surrounding towns and villages.

A friendly club with a stimulating programme of talks, demonstrations and garden visits to inspire new and seasoned gardeners.

Coach trips organised to fascinating destinations

See Lechlade Gardening Club website

<https://www.lechladegardeningclub.org.uk/>

Or Facebook [Lechlade Gardening Club Group](#) page for details

Visitors always welcome.



The Committee would like to say a heartfelt

Thank  
You

To The Prize Donors, Lions, Judges, Stewards,  
Community, Helpers, Marquee Provider and Spouses  
and **not forgetting** all our exhibitors, without whom  
the show would never happen

# THE TROUT INN



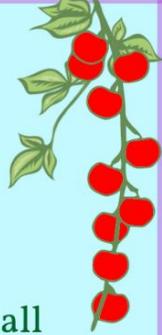
St John's Bridge, Lechlade, GL7 3HA

Tel: 01367 252313

[www.thetroutinn.com](http://www.thetroutinn.com)

Penny and her team would like to wish all entrants *jolly good luck* for the show.

While waiting for your produce to grow, why not relax with a beer in our wonderful riverside garden!



## LEGAL LTD SOLICITORS

### LECHLADE

High Street, GL7 3AE  
01367 252644  
[lechlade@candrlegal.co.uk](mailto:lechlade@candrlegal.co.uk)

### FARINGDON

62 Park Road, SN7 7BZ  
01367 240285  
[farington@candrlegal.co.uk](mailto:farington@candrlegal.co.uk)

[CANDRLEGAL.CO.UK](http://CANDRLEGAL.CO.UK)

# LECHLADE FLOWER & PRODUCE SHOW ENTRY FORM

Deliver your completed entry form and payment to  
Audrey Barnes, 1 Roman Way, Lechlade, GL7 3BS  
by Tuesday 1st September 2026.

Classes are open to all persons regardless of membership, except where stated

| Class Number | Class Number | Class Number | Class Number |
|--------------|--------------|--------------|--------------|
|              |              |              |              |

**PAYMENT**

Cash or cheques made payable to Lechlade Gardening Club

I have entered .....classes @.25p per class. Total paid: .....

I am 16 or under and have entered .....classes @10p per class. Total paid: .....  
(Children entering Adult Classes pay only 10p for these as well)

I hereby declare that the above entries conform to the rules of the Show (see page 12)

**NAME** (Block Capitals).....

**AGE (on date of Show)** (Only required if child entering an adult class).....

**Are you a WI member?** ..... ( Y/N)

**EMAIL ADDRESS**.....

**PHONE NUMBER**.....

Further copies of the entry form can be obtained from any Committee member or online at [www.lechladegardeningclub.org.uk](http://www.lechladegardeningclub.org.uk). Photocopies are also accepted.

# MOORE ALLEN & INNOCENT



Selling or Letting, we are here to help

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mooreallen.co.uk



## ARBOREAL TREE CARE



EMAIL: [ARBOREALTREES@OUTLOOK.COM](mailto:ARBOREALTREES@OUTLOOK.COM)

Based in Lechlade, serving the Cotswolds and surrounding areas

**Professional team of fully qualified arborists dedicated to providing the highest level of arboriculture**

Free consultations for your  
Tree and Hedge Management requirements

### OUR SERVICES:

- . Tree Removal
- . Canopy size reductions
- . Hedge trimming/reductions
- . Deadwooding
- . Pollarding
- . Aerial inspections
- . Emergency tree care
- . Stump grinding



01367 218113 or 07778 773330



[www.arborealtreecare.co.uk](http://www.arborealtreecare.co.uk)

# RULES

1. Classes are open to all persons unless otherwise stated.
2. Adult entries – 25p per item entered.
3. Children's entries – 10p per item entered (this includes entries in Adult classes).
4. Items exhibited in previous years are not eligible.
5. All exhibits must be grown or made by the exhibitor with the exception of materials for flower arrangements.
6. Adult help may be given to exhibitors in the Children's entries but the help must be appropriate to the age of the child.
7. Only one entry per person in any one class.
8. Entries may be disqualified if size is not adhered to.
9. Exhibits to be staged between 9:30 and 11:00 am.
10. No exhibits to be removed until after the raffle, or allowed by Show organisers.
11. All exhibits to be removed by exhibitors by 5.00pm.
12. The club accepts no responsibility for any loss or damage.

## Prizes

13. Certificates are awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in Adult Classes.
14. Judges may decide not to award certificates or rosettes in every Class.
15. Not applicable.
16. A prize of £1.00 will be awarded for each 1<sup>st</sup> place certificate. Prize money should be collected by the end of the Show. Any monies not claimed will be placed into Lechlade Gardening Club funds.
17. In each Section a trophy, to be held for one year, will be awarded to the person with the highest aggregate points in that Section. Some sections also have additional trophies. It is the responsibility of the trophy winners to return the trophy to designated committee member by designated date.
18. A rosette will be awarded for the best exhibit in each Section, except photography where a Trophy will be awarded for the best photograph in the Show (classes 14G-16G; 1H-7H)
19. The Chairman's Cup will be awarded for the highest points total.
20. The Lechlade Women's Institute Rose Bowl will be awarded to the Lechlade W.I. member with the highest points total.
21. Lechlade Women's Institute Rose Bowl remains the property of Lechlade W.I.
22. All other trophies remain the property of Lechlade Gardening Club.

**The Judges' decisions will be final.**

## Class 6E (Open to all) RECIPE

### Mary Berry's Chocolate Sandwich Cake

#### Cake ingredients

|  |  |
|--|--|
| 225g.(8oz) Self Raising Flour                      | 1 level tsp Baking Powder                                      |
| 225g (8oz.) Castor Sugar plus extra for sprinkling | 4 large eggs   |
| 50g/1 3/4oz cocoa powder                           | 225g. (8oz.) unsalted Butter, softened plus extra for greasing |
| For the Filling                                    | 200ml/7 fl. oz. whipping cream, softly whipped                 |
| 4 tbsp. apricot jam                                |  |

1. Preheat the oven to 180C/160C fan/Gas Mark 4
2. Lightly butter 2 loose-bottomed 20cm/8in sandwich tins and line the bases with paper
3. Put the butter, sugar, eggs, flour, baking powder and cocoa in a large bowl and beat for 2 minutes or until just blended. (An electric mixer is best for this, but you can also beat by hand using a wooden spoon).
4. Divide the mixture evenly between the tins. Level the surface using a spatula or the back of a spoon.
5. Bake for 25-30 minutes. The top of the cakes should spring back when pressed lightly with the finger. Leave the cakes to cool in the tins for 5 minutes. Run a small palette knife around the edge of the tins, then carefully turn the cakes out onto a wire rack. Peel off the paper and leave to cool completely.
6. Choose the cake with the best top, then put the other cake top-down onto a serving plate. Spread with the jam and whipped cream, put the other cake on top (top upwards) and sprinkle with castor sugar to serve.

Exhibit on a plate and protect with a transparent cover

You may need to adjust temperatures and timings to suit your oven

## **Class 7E (Open to men only) MALE STAR BAKER**

### **Swiss Roll**

**NB every oven is different so you may need to adjust temperatures and timings to suit your own oven**

|  |                        |
|--|------------------------|
| 85g castor sugar, plus extra for finishing | 85g self-raising flour |
| 4 tbsp. Strawberry Jam                     | 2 medium eggs          |

1. Preheat your oven to 200 C/180 fan/gas mark 6 or 400 F.
2. Generously grease a 32cm X 18cm (approx. size) Swiss Roll Tray and line the bottom with greaseproof paper. Set aside.
3. In a large bowl, gently whisk the eggs until the eggs and yolks are combined, before adding the caster sugar. Whisk the eggs and sugar until you have a pale and thick mixture  
This is much easier when using an electric hand whisk but can also be done by hand.
4. Sift the flour into the mixture and gently fold together to create a light batter, being careful not to over mix. Pour the batter into your prepared tin and evenly spread to the sides and corners.
5. Bake in your pre-heated oven for 7-8 minutes until a light golden colour and dry in appearance.  
Whilst the sponge bakes, place an additional piece greaseproof paper on a flat surface and dust with a little caster sugar. Warm the jam.
6. Take the sponge from the oven, run a knife around the edges of the case to loosen it from the tray and gently tip it from its tray onto the sugared greaseproof paper. Trim the edges of the sponge.
7. Spread the jam on the sponge, right to sides but leaving a little gap at the shorter ends. Gently fold one about 1cm of one of the shorter ends over (gently press with a knife to mark first, if required); this is the start of the rolling.
8. Using the greaseproof paper, continue to roll the sponge over itself, using gentle pressure to make sure there is no big gaps. Finish by ensuring the end is on the underside of the Swiss Roll.
9. Dust with a little more sugar if desired and allow to cool completely before cutting.

Exhibit on a plate and protect with a transparent cover

## PREPARATION OF EXHIBITS IN SECTION A – VEGETABLES

*White paper plates and sand will be available on request*

*Unless otherwise stated exhibits in any Class should be the same cultivar (variety) and of uniform size, shape and colour.*

*Where necessary wash exhibits carefully with a soft cloth or sponge and plenty of water.*

### **Class**

- |              |   |
|--------------|---|
| 1A           | Lift with care, wash gently. Remove small fibrous roots but leave tap root complete. Trim foliage to approx. 7.5 cm. Stage on white paper plate   |
| 2A           | Lift with care, soak in water to clean. Trim foliage to approx. 7.5 cm. Make sure shoulders are not turned green by exposure to light by covering with soil while growing. Stage on bench |
| 3A           | Stage on bench with flowers attached or alongside   |
| 4A           | Leave roots intact and wash clean of soil. Remove outer leaves if necessary but do not over skin. Tie green tops with twine. Stage on bench   |
| 5A           | Neatly trim roots to basal plate, neatly tie necks. Do not over skin. Stage on white paper plate. Rings or collars may be used for staging  |
| 6A/7A        | Lift and sponge carefully. Stage on white paper plate   |
| 8A/9A        | Of same length, cut with stalk, exhibit on bench or on black cloth provided   |
| 10A          | Trim roots to basal plate, tie tops with twine, stage as separate bulbs (not clusters), on paper plate on dry sand or rice piled to raise centre slightly                                 |
| 11A          | Clean off soil fragments, allow the bulb to dry, remove roots and stage whole bulb with approximately 2.5 cm of the stem intact. Do not divide into cloves                                |
| 12A          | Cut with stalks and flower attached if possible, stage on bench   |
| 13A          | Wash well and stage on bench with foliage and roots attached  |
| 14/15/16/17A | Same Variety and Colour. Select firm fruit that is not over ripe. Exhibit on a paper plate, calyx uppermost. Sand or rice may be used for display. 17A may include some unripe tomatoes   |
| 18A/19A      | Stage on paper plate  |
| 20A          | Stage on bench  |
| 21A          | Stage on bench for single exhibits e.g. cauliflower. For small types e.g. Brussels sprouts or tender stem broccoli, stage 5 on a paper plate  |
| 22A/23A      | Stage on bench  |
| 24A          | Must be contained within standard black seed tray and not over-hanging sides  |
| 25A          | Stage on bench.   |
| 26A          | Stage on bench  |

**THIS PAGE IS FOR YOU TO ADD YOUR NOTES**

# **CPR and Defibrillation Awareness at Lechlade Flower and Produce Show**

**Saturday 5<sup>th</sup> September**

**09:30 - 16:00**

**Sessions throughout the day held in  
The Pavilion**

**While at the Memorial Hall come in and see us**

**Most people who have a cardiac arrest are  
with family and friends. What happens in the  
first few minutes makes the most difference.**

**Would you know what to do?**

**There will be an opportunity to find out and  
practice Cardio Pulmonary Resuscitation  
(CPR) and find out about local defibrillators  
and how to use them.**



Position Hands Over Sternum



**This is accessible for everyone of all ages, and will  
be run by local Community First Responders.**