



WELLINGTON FREE AMBULANCE OFFERS CPR TRAINING TO EVERYONE IN THE GREATER WELLINGTON AND WAIRARAPA REGION

Each week on average four people suffer a cardiac arrest somewhere in Greater Wellington and Wairarapa. The chances of someone surviving cardiac arrest go up hugely when bystanders get straight into administering CPR, and keep on doing it until help arrives.

Sudden Cardiac Arrest can happen to anyone at any time. In our region 77% of cardiac arrests occur in the home and 23% in a public space. You never know who might need your help. **Learn CPR. Save a life.**

The Wellington Free Ambulance Heartbeat team are training at a number of community centres in our region in 2018. If you want to learn CPR, contact your local community centre and find out more about dates, times and availability. **Sessions are free and available for everyone.**

CENTRE NAME	ADDRESS	CONTACT DETAILS
Berhampore Centennial Community Centre	493 Adelaide Road Berhampore Wellington 6023	meriom@berhampore.school.nz (021) 389 823
Churton Park Community Centre	75 Lakewood Avenue Churton Park Wellington 6037	cpcc@wcc.govt.nz (04) 830 4802
Miramar and Maupuia Community Centre and Civil Defence Centre	27 Chelsea Street Miramar Wellington 6022	miramarcc@outlook.co.nz (04) 388 1944
Newlands community Centre	9 Batchelor Street Newlands Wellington 6037	newlandscommunitycentre@wcc.govt.nz (04) 477 3724
Newtown Community and Cultural Centre	Corner of Rintoul and Colombo Street Newtown Wellington 6021	newtown.community.centre@paradise.net.nz (04) 389 4786
Ngaio Town Hall	1 Ottawa Road Ngaio Wellington 6035	brigid.brammer@wcc.govt.nz (04) 479 2344
Seatoun Village Hall	22 Forres Street Seatoun Wellington	seatounvillagehall@gmail.com (021) 955 331
Tawa Community Centre	5 Cambridge Street Tawa Wellington 5028	tawacc@wcc.govt.nz (04) 232 1682
Wadestown Community Centre	46 Pitt Street Wadestown Wellington 6012	wadestowncc@wcc.govt.nz (04) 499 1825