

No. 5
15th September 2022

THE Grapevine

SUPPLEMENT

Dear all

Many thanks to the many of you who have expressed an interest in attending the above event !

Now is the time I need to ask you to book your place to come along to the South African Red Wine and cheese tasting evening at Stockcross

Village Hall starting at 7.30pm sharp on Friday 11th November! We will sample 125ml of 5 different South African reds and 125ml of my favourite port together with 5 different cheeses, biscuits for cheese and chocolates. Tasting notes will also be provided as usual.

This time will be slightly different because there will be a seating plan with tables of 6 people, and (limited numbers of) tickets are now available to buy in advance (not on the door) via the following link :

<https://www.jumblebee.co.uk/cheesewine>

Thank you for supporting this event and helping us raise funds for Stockcross Village Hall !

Please do invite as many of your friends and family as possible and I look forward to seeing you that Friday

Very best wishes

Tony





We bought our defibrillator in 2017, raising money for it via a Village Lottery and it's been sitting in the entrance to the Village Hall ever since. We had a face to face training session in August 2017 to show people how to use it but the Village Hall Management Committee thought it might be useful for people to see a refresher video of how to use it. It's actually very simple and once you switch it on a recorded voice in the machine tells you exactly what to do.

We hope you find this short video useful

There are three resources we use during our training, all three would be good to look at. Before I list them they may show mouth-to-mouth CPR which under normal circumstances we would promote. However please be aware under Covid-19 the recommendations have changed to hands-only CPR. Please see Resus UK for more information (and a video):

<https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>

The CPR videos we use with the schools:

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/cpr-training-videos>

The more detailed videos, ones we use for community training:

Difference between Heart Attack and Cardiac Arrest - <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/heart-attack-and-cardiac-arrest>

Various videos, CPR, Heart Attack, etc. - <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-communities/heartstart-communities/heartstart-training-videos-for-communities>

Once you are happy you can test your skills with Life Saver - <https://life-saver.org.uk/> - which you can do on their website or download an app for your tablet/phone.



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<https://smile.amazon.co.uk/ch/1071688-0>

So, if you are shopping on Amazon please do it through [Smile.amazon.co.uk](https://smile.amazon.co.uk) - you will be helping the hall .



SUTTON HALL, STOCKCROSS

Become A Friend Of The Sutton Hall

We're looking for volunteers who can help with running events. This might be setting up the Pop Inn, doing a shift behind the bar or distributing leaflets.

If you can spare a hour or two to help the Committee so we can run more frequent events, please get in touch.

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