



**COULD YOU
SAVE A LIFE?**

FREE life saving skills training sessions.
Book your place now!

First Aid Course

MVARA has the opportunity for members to take part in a basic **First Aid Course** run by **Meon Valley Heart Start**, which is a registered not for profit charity running courses at multiple venues around our area of Hampshire.

The course, which would be **one session** of approximately **2 hours 30 minutes**, would involve a considerable amount of practical interaction, including resuscitation mannequins and defibrillators. It would be led by **volunteers** and would be **free of charge**, although participants would be able to make donations to the charity. All monies received are used to support the free delivery of the courses to the local Community.

If we have **20 participants**, we can have our own course and Heartstart would run it at a **convenient local venue**. (Previous courses have been held at the Men's Shed and the King's Church in Bishop's Waltham). If we have fewer members interested, there could be the opportunity to join a pre-planned open group with spaces in the locality.

The course would not turn anybody into a qualified all-singing, all-dancing first aider, but would give participants a good idea of what to do (and what not to do) in an emergency.

We would be aiming for a course in **March/April**.

If you are interested please contact Roger Wingrove rogersjw634@gmail.com Once we have sufficient interest we can move on to agree date and venue and finalise participants.



Tennis

MVARA may have the opportunity for members to play **tennis** at the courts in **Wickham** from **May** onwards.

Details will need to be worked out but courts would most likely be available **one afternoon a week** for about **2-3 hours**.

Before a final agreement can be reached with the Tennis Club, we need to have an idea of potential numbers.

If you think that you might be interested please contact Roger Wingrove rogersjw634@gmail.com

Languages Update

Italian and **Spanish** begin again on 10 January and 12 January respectively. Both groups meet at the Stables and sessions are booked until week beginning 6 February, after which it is hoped that further blocks of lessons will be put in place to run until Easter.

Unfortunately, it has not been possible for **French** (Beginners/Intermediate) to begin again immediately. It is hoped that sessions will be running once more from late February.

It is likely that there will be some vacancies in the group. If you would be interested please contact Roger Wingrove rogersjw634@gmail.com It must be emphasised that this group is for **French Beginner/Intermediate**.

Some members of the group have only the level of French gained by completing the first block of lessons; some are a little more advanced.

Sessions may therefore prove challenging for those with no knowledge of French, but too basic for those with a any level of fluency.