

CHESHIRE FEDERATION OF WOMEN'S INSTITUTES

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The CFWI Committee for Public Affairs presents:

A fund-raising walk around Delamere on National Restart a Heart Day



Thursday 16th October Delamere Forest Visitor Centre

Drop in anytime between 11:00am and 2:00pm

Join us for a Celebration of National Restart a Heart Day as we go for a walk together and collect donations for the **Oliver King Foundation**, who install defibrillators and provide training across Cheshire.

Representatives from the Oliver King Foundation Charity will be on hand to provide CPR and defibrillator advice to members of the public.

Bring your friends, family — and even your dogs! — to enjoy a walk in the forest, grab a bite to eat in the café, or bring your own picnic whilst supporting a good cause.

Please use this secure page <https://www.crowdfunder.co.uk/p/delamerewalk> for donations, or you can make a cash donation.

On the Day:

- Sign in at the CFWI table set up outside Visitor Centre and collect your forest map
- Watch and learn as Mark King demonstrates how to use a defibrillator.
- Enjoy a self-guided walk of your choice, there are 1.9-mile, 2.6 mile and 3.9-mile routes on the map.
- At the end of your walk please return to our table to sign out so we know you are not still wandering around the forest!

Please note: Car parking charges apply.

To help us plan for the day, please let us know if you'd like to attend and how many will be walking with you. Email sue@blackheron.co.uk to book your places before October 1st.