



## BSWI MONTHLY REPORT

8 MAY 2025



### INTRODUCTION

Our President Kim Henson welcomed everyone to the monthly meeting which was also a celebration of BSWI's birthday.

### HOW TO STAY SAFE

Kim herself delivered the topic for the evening which focused on how to deal with emergency situations and the ways in which we can help ourselves and others to stay safe. Kim had prepared a very helpful presentation covering the following points:

- Use of mobile phones to access medical information and call emergency services
- What Three Words as a means of giving emergency services a location. (She gave us a real example of when this was used in a remote location)
- Defibrillators
- Useful ways to help in different situations eg. CPR, how to deal with choking, heart attacks
- What NOT to do

Kim's presentation also included some useful video clips. However, due to the sound at the hall not working effectively, Kim talked us through these sections and agreed to forward them on to members.

### NOTICES

After the presentation members enjoyed tea, coffee and birthday cakes. There was an opportunity to view the competition entries. The subject was VE Day and was won by Patricia Barber. Birthday cards were distributed and clipboards were available for members to sign up for forthcoming walks, meals and events.

(Notes compiled by Margaret Reynolds)