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International Restart a Heart Day – 16 October 2019

Restart a Heart Day is a global initiative developed by the European Resuscitation Council, launched in 2013, to raise awareness of the importance of teaching members of the public how to help restart the heart of someone who has suffered a cardiac arrest.

Over 30,000 people suffer a cardiac arrest out of hospital in the UK every year. Currently, less than one in 10 survive. The earlier a patient can receive CPR and a shock from a defibrillator, the greater their chance of survival. Bystander CPR increases survival by two to three times; however, it is only delivered in one in five incidents. If we achieved the same survival rates as countries like Norway (25%) – an additional 100 lives could be saved every week, the equivalent of approximately 5,000 every year. **We know that the major difference is widespread training in CPR.** That's why we really hope you can organise an event to support Restart a Heart Day 2019 on or around 16 October 2019.

Organisations, schools and communities that want to take part this year can find more information and register to take part by going to <https://www.neas.nhs.uk/get-involved/restart-a-heart/organisation-registration.aspx>

. You will need a space to hold the event, and mannequins for people to practice on. Kits containing a set of mannequins and an instructional DVD can be purchased from the British Heart Foundation or if you are a secondary school, you can apply for a free kit from them. If you don't have access to CPR mannequins, we may be able to lend you some so that you can take part.

For every group that registers with ourselves, we will endeavour to pair you with two of our volunteers, who will help to facilitate the day, and provide support in relation to hands on experience in CPR.

Together, we can create a nation of lifesavers.

Kind regards

Alex Mason
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