



## **Guernsey Restart to Heart week**

Restart a Heart is an annual event which aims to teach vital life-saving cardiopulmonary resuscitation (CPR) skills to as many people as possible.

This year, during **Restart a Heart** week 15th October

Mike Froome, the Cardiac Action Group Community Resuscitation Development Officer, has organised a local initiative to support this international day. He will be working with the St John Emergency Ambulance Service, volunteers from St John Guernsey and Community Centres across the island offering free one - hour Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) sessions throughout the week

### Community Centre taking part are:

Monday 15<sup>th</sup> October at 2.30pm St Stephens Community Centre

Monday 15<sup>th</sup> October at 7.30pm Capelles Church and Community Centre

Tuesday 16<sup>th</sup> October at 6pm to 9pm Cobo Community Centre

Wednesday 17<sup>th</sup> October at 7 pm to 8.30p St Saviour Community Centre

Wednesday 17<sup>th</sup> October at 7 pm to 8.30pm at Vale Douzaine Room

Wednesday 17<sup>th</sup> October at 1.15 to 2.30pm St Andrews Community Centre

Thursday 18<sup>th</sup> October at 7.30pm to 8.30pm St Martins Community Centre

Friday 19<sup>th</sup> October at 6.45 to 9pm Styx Community Centre St Peters

*This year, we aim to train as many people as possible!  
Can you help us?*

### **Here's how you can get involved**

Please contact us on [info@cag.org.gg](mailto:info@cag.org.gg) or 07781129539 to book a FREE one-hour session. Places are limited but we can arrange for the training to take place on another date.

On Tuesday 16<sup>th</sup> October, which is World Restart a Heart Day, the St John Emergency Ambulance Service will be joined by the Cardiac Action Group and St John Guernsey at a public CPR demonstration near Boots in the High Street, St Peter Port. Demonstrations will be taking place between 11:45am and 1:15pm. Another event will also take place at the College of FE.

Dave Welbourne, Senior Officer at SJEAS said "The St John Emergency Ambulance service responds to an average of five cardiac arrests each month. A patient's chances of surviving a cardiac arrest improve if there is early recognition, early CPR, early use of an AED and early advanced care from a paramedic.

Mike Froome Cardiac Action Group Community Resuscitation Development Officer added “Currently, European statistics show only 1 in 10 people will survive an out-of-hospital cardiac arrest. World Restart a Heart Day is hoping to help improve those figures with awareness of CPR, Basic Life Support and the use of AEDs. The event has the slogan “Together We Can Beat That”. This year sees the first international Restart a Heart day.

- End -

Note to the editor: CAG would like to invite your reporters to St Stephens Community Centre on Monday 15<sup>th</sup> October at 2.30pm for the first Restart a Heart session and the launching their new PAD site.

Please ring me on 07781129539 or email [info@cag.org.gg](mailto:info@cag.org.gg) to let me know if your reporters are able to attend.

