



Restart a Heart 2020



12th-17th October

CPR: Get Hands On

When someone collapses and stops breathing normally, it is important to quickly call 999, perform hands-only CPR and use a defibrillator (AED). Anyone can be affected by a cardiac arrest at any time and without intervention the person will quickly die. Islanders have the opportunity to learn these life-saving skills during Restart a Heart week 2020.

The Guernsey Cardiac Action Group together with professional ambulance staff and volunteers from St John will be giving free CPR and AED demonstrations at venues around Guernsey (full list below) from Monday 12th to Saturday 17th October.

To book* a place on one of these events call 077811 29539 or email info@cag.org.gg

There is also a public 'drop-in' demonstration taking place at the Market Square, St Peter Port on Saturday 17th October between 11am - 2pm, where members of the public can get hands on.

Community Resuscitation Development Officer Mike Froome has organised this free week-long event as part of the CAG initiative to ensure all sections of the community have the opportunity to get involved and get hands on experience, gain the knowledge, skills and confidence to help save a life.

Mike Froome said: "The bystander's involvement is crucial in saving a life and the quality of that life. Immediate CPR and use of an AED, while you are waiting for the emergency services to arrive makes a difference."

Mike added: "People may be worried about the risk of infection during Covid-19 which is why we are following guidance from the Resuscitation Council UK and teaching hands only CPR. Getting hands on before the paramedics arrive gives the patient the best chance of life while reducing the risk of infection to the rescuer."

Chief Ambulance Officer, Mark Mapp said: "We have seen a number of cases in Guernsey, recently where people have recognised someone is having a cardiac arrest and have done early CPR, while someone else is calling 999 for an ambulance. It can be the difference

between a life lost and a life saved. Doing CPR and using an AED are simple but life-saving skills which we believe everyone in the community should learn and not be afraid of using.”

Restart A Heart is an annual initiative led by the Resuscitation Council UK. In partnership with the British Heart Foundation, British Red Cross, St John Ambulance and alliance of ambulance services. In 2017 the initiative went global with the formation of World Restart a Heart Day which takes place on 16th October every year with health organisations from all over the world working together to increase public awareness of cardiac arrests and increase the number of people trained in life saving CPR.

Monday 12 th October	2.15 pm	Full
Monday 12 th October	6.15pm	Naftiaux Community Centre
Tuesday 13 th October	2.00 to 3.30pm 6.45 to 8.15pm	St Martin's Community Centre
Wednesday 14 th October	10.45 to 12.15	Cobo Community Centre
Wednesday 14 th October	6.45 to 8.30pm	Torteval Church Hall
Thursday 15 ^h October	9am to 11am	Full
Thursday 15 ^h October	12 to 2pm	Full
Thursday 15 ^h October	7.00 to 8.30	Capelles Community Centre
Friday 16 th October	6.00 to 7.15	St Saviour Community Centre
Saturday 17 th October	9.00 to 10.30 11am to 2pm	Vale Douzaine - Harold Collas Room (smaller room) Community Resuscitation Development Officer / Cardiac Action Group / St John Ambulance / Market Place

Places are limited, to book a place on one of these familiarisation sessions please call 077811 29539 or email info@cag.org.gg

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NOTES TO EDITORS

Media Release issued by Jim Cathcart, Communication Officer, St John Ambulance Guernsey. jim.cathcart@stjohn.gg

Mike Frome is available on Wednesday 30th September, by prior arrangement.

Mike Frome and Jim Cathcart are available together for interview on the morning on Monday 5th October by prior arrangement.

The media are invited to attend the session at the St Martins Community Centre on Tuesday 13th October at 2pm - or the public event at the Market Square on Saturday 17th.

*As part of the Cardiac Action Group's mission to raise awareness of heart disease by promoting cardiac patient care and supporting PAD and AED sites in Guernsey, we may process your data. For further information on how your personal data is processed, please go to <https://cag.org.gg/privacy-policy/>