Heartstart Kentisbeare Parish

“Simple Skills Save Lives”

A group of volunteers some of us with medical and nursing backgrounds got together in January 2014 to gain affiliation with the BHF to deliver Heartstart courses in our villages. Heartstart is a British Heart Foundation (BHF) initiative which enables people to start up schemes to run courses in teaching emergency life support (ELS) to the general public in their communities.

The BHF has a network of local groups that run Heartstart courses following the Rescusitation Council (UK) guidelines so the training you receive will be safe and effective.

What the BHF says

“Be extraordinary”

ELS is the set of actions needed to help keep someone alive until professional help arrives.

Every year around 140,000 people in the UK suffer a heart attack.

• Many of these people then suffer a cardiac arrest\*\* and die before reaching hospital.

• Without resuscitation, cardiac arrest is always fatal.

• Performing CPR immediately can double the chances of survival.

ELS includes performing cardiopulmonary resuscitation (CPR), which is chest compressions and rescue breathing.

Life-threatening emergencies are common. But many more people can be saved if simple life-saving skills are performed immediately by someone at the scene in the few minutes before professional help arrives.

In the UK someone dies of a heart attack every two minutes

There are around 60,000 out-of-hospital cardiac arrests in the UK every year. When someone goes into cardiac arrest, they lose consciousness. Every minute without CPR and defibrillation reduces their chances of survival by 10 per cent.

What inspired us to start up these courses in the first place?

“Our Story”

Norman and I were inspired to start this project after he, with little warning, had a cardiac arrest in the middle of the night. This was in June 2013 and occurred whilst he was asleep. Luckily for us both I woke up and quickly recognised what was happening and dialled 999. He was in cardiac arrest which meant he was unconscious and not breathing. I started CPR right away, keeping the emergency services on the line with the phone on loud speaker so that I was able to give directions to the house and still do CPR.

Norman had had a major heart attack which is the most common cause of a cardiac arrest. I was able to maintain CPR alone for 20 minutes until the paramedics arrived and gave him the necessary lifesaving treatment using a cardiac defibrillator. He was transferred to the RD and E for further treatment and went on to make a full recovery.

Although I am a nurse and had the knowledge of CPR from my regular updates at work, when sharing our story with others in the village it became clear to us of how many people felt they would not know what to do if faced with a similar situation or would be afraid to do anything for fear of doing the wrong thing.

Heartstart Courses

We began our courses on October 16th 2014 to coincide with the BHF’s “Nation of lifesavers” campaign which you can view on line at [www.bhf.org.uk/lifesavers](http://www.bhf.org.uk/lifesavers).

We aim to run monthly courses which are held in the function room at The Wyndham Arms Pub in Kentisbeare. They last approximately two hours and aim to teach people what to do if a person is unconscious, how to recognise if someone is having a heart attack, how to perform chest compressions and rescue breathing or CPR, (cardio pulmonary resuscitation) in the event of a cardiac arrest, and how to manage bleeding and choking. It will also include how to use an automated external defibrillator (AED) Certificates will be issued and people will be encouraged to have an update every year. Our aim is to teach you these vital skills and help you to be confident enough to use them if needed. Statistically you are most likely to need to use these skills on someone you know and love. The course is very practical. We have six manikins to practice on but if you don’t feel that you are able to take part in the physical aspects of the course, don’t worry, In an emergency you will be better able to explain or direct someone else in what to do.

What we say to people is that the worst thing you can do is nothing.

The courses are free, although people are welcome to make a donation if they wish, to cover costs and to help to maintain the scheme.

The team running Heartstart consists of the following people:

Jeremy Jacob who is our director,

Simon Stuckey who is our training supervisor and happens to be a paramedic he is supported by his wife Sara who is trained in advanced life support.

Hilary Sanders , Is the co-ordinator [sandershils1@yahoo.co.uk](mailto:sandershils1@yahoo.co.uk) 01884 266297

Trainers are Penny Browning, Sara Stuckey, Cyril and Sara Blackmore and Hilary Sanders.

Kelly Broad: Secretary and responsible for bookings

Ali Dominy: Publicity and bookings

Also on the committee are Norman Sanders and John Dominy

You can book yourself onto a course by phoning either Kelly on 01884 266211 or emailing her at richardandkellyb@btinternet.com or Ali on 01884 266537 emailing her at alidominy@aol.com

As a group we are concerned that individuals learn these vital skills and have the confidence to know what to do or can guide someone else. We are also aware that in a rural community such as ours there is likely to be a delay in professional help in the form of a paramedic and ambulance with an AED arriving. In the event of a cardiac arrest an AED / defibrillator is vital in restoring the heart to it’s normal rhythm.

Automated Cardiac Defibrillators (AED)

Kentisbeare Primary School has raised money for a defibrillator which is in a cabinet on the outside of the school wall. If any member of the public needs to access it in an emergency, they will be given the code when they phone 999. If you are using a mobile phone and are concerned that there may be no signal we are informed that a 999 call can be directed to another network.

Blackborough and Sainthill are currently each making an application to the BHF for grants towards an AED (or defib for short.) in their localities.

We look forward to seeing you

Hilary and the Heartstart team