

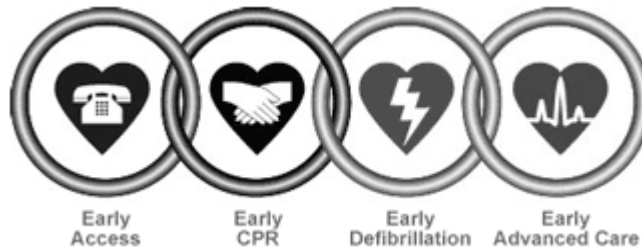


Would you know what to do in a life threatening emergency?

The British Heart Foundation (BHF) introduced HEARTSTART some years ago. It is a short course designed to teach as many people as possible basic life saving skills known as Emergency Life Support (ELS). To date, over 1.6 million people in the UK have attended a session. HEARTSTART sessions are run by volunteers and are free to attend. The East of England Ambulance Service NHS Trust (EEAST) Essex Locality Community First Responders (CFRs) scheme trained various members of their CFR groups to teach on these sessions. Members from the Stock and Billericay groups are able to provide these sessions in this area.

HEARTSTART sessions last about 2 hours and cover the following Emergency Life Support (ELS) skills: unconsciousness and recovery position, cardiac arrest and resuscitation, choking, heart attack and severe bleeding. They involve both taught and practical sessions. They are open to all members of the community and a certificate of attendance is given. Even if people are not able to perform some aspects of the course they are still welcome to attend.

HEARTSTART sessions will give anyone attending the course the skills needed to form a vital link in the "chain of survival". In the event of a patient suffering an out of hospital cardiac arrest, by recognising an emergency, ensuring an ambulance is called and providing early CPR, with the remaining 'links' in the chain being provided by the emergency services, their chance of survival could increase by up to 40%.



If you are interested in attending a HEARTSTART session, the Stock and Billericay First Responders try to run them regularly. Please contact Judi Mitchell or James Fenwick for more information or details of the next session we are planning to run. Alternatively, if you belong to another community group for example, we could come to you and provide the session at your venue (maximum of 12 - 14 people). The sessions are free to attend but the group will offer sale of some basic resuscitation aids in order to cover expenses to continue running the courses and maintaining the equipment.

For further details please contact James by e-mail: James@BellmansFarm.co.uk