

Heartstart Malvern

Newsletter



No: 1 July 2016

Welcome

Welcome to the very first edition of what will be a monthly newsletter. Since an initial meeting in June to see whether there was interest in a new Heartstart scheme for Malvern, lots has happened and a huge amount of progress has been made in moving the scheme forward. There has been a tremendous amount of support already from a number of organisations and individuals. Without this support we would not have been able to make so much progress so quickly.

Our first donation

Malvern Lions have made a very kind donation of £1,000 to launch Heartstart Malvern.

This money is going to be used to buy two training defibrillators and two training manikins. This very generous donation will enable us to start delivering training from September. A very big thank you to Malvern Lions!

Two training defibrillators will enable us to train groups of about 12 people in one training session. Ideally, we need to raise another £1,000 over the summer to allow us to train up to 24 people in one session.

BHF Nation of Lifesavers

We have also submitted a successful grant application to the British Heart Foundation's *Nation of Lifesavers Scheme*.

The BHF have kindly given Heartstart Malvern 10 training manikins to be used in the Cardio-Pulmonary Respiration part of the training session. A big thank you to the British Heart Foundation too.

Malvern Hills Volunteering

Malvern Hills Volunteering (MHV) have done a fantastic job in recruiting a number of key volunteers and are continuing to recruit others. We are very grateful for their support.

Website

One of the first volunteers recruited by MHV is Mike Searl. Mike lives in East Anglia but is spending his retirement designing and maintaining a number of websites as a volunteer for different charities throughout the UK.

We are delighted that Mike has agreed to work with Heartstart Malvern. The websites which he has developed for other charities are excellent.

Our website will be an important platform for promoting and fundraising for Heartstart Malvern. It will also host a number of training resources, including clips from YouTube about CPR and defibrillators, to help consolidate learning after people have attended a training session. There will be more information about the website in next month's newsletter.

Leti

MHV have also helped place Leti with us. Leti has kindly agreed to become the treasurer for Heartstart Malvern. Leti has already managed to set up a bank account so we are now able to accept donations.

We hope that Leti will be very busy over the next few years banking more donations to support our work!

More volunteers needed

We are now trying to recruit a number of other volunteers who can spare just one or two hours a month. The main volunteer posts which we are trying to fill are:

Trainers

We already have 6 or 7 people come forward to be trainers but need more. Ideally, trainers will be from a clinical or training background. However, we will develop anyone from a non-clinical or training background who would like to become a trainer.

The main role of the trainer will be to facilitate and support the practical hand-on part of a training session. Trainers will **not** be expected to stand and deliver a long lecture about CPR.

Training Co-ordinator

Heartstart Malvern will be accepting bookings for courses from September. We need a Training Co-ordinator to arrange our training sessions. This will involve taking bookings for courses, arranging rooms and trainers.

It is anticipated that most of the bookings will come from our website and that communication with trainers will be by e-mail. Therefore, the training co-ordinator will need a basic level of IT skills and access to a computer.

Secretary

A secretary is needed to take minutes from meetings and to deal with general correspondence. This will not be a very onerous role, so it could be combined with the training co-ordinator role.

Fundraisers

Heartstart Malvern will need a group of fundraisers to enable us to provide our

training sessions free of charge and to fundraise for Public Access Defibrillators (PADs). It will cost about £1,500 to buy a PAD, a cabinet to keep it in and to install it. As we need PADs all over Malvern, the fundraising team will be quite busy over the next few years.

Training evening

A couple of trainer evenings will be held in August and September. These evenings will be for any who has expressed an interest in becoming an instructor. Dates for the evenings will be confirmed in the August newsletter.

The purpose of the evening will be to run through a typical Heartstart Malvern session. This will include familiarising the trainers with the training equipment and discussing some of the practicalities about arranging a Heartstart Malvern training session.

Steering Group

We need to form a Steering Group to help with planning and managing Heartstart Malvern. It is anticipated that the Steering Group will meet for a couple of hours every other month.

The main focus of the steering group will be preparing for registration with the Charity Commission. We will need to do this as soon as our income has exceeded £5,000, which will hopefully not take too long.

Logo

A final thank you to Sam from DRP Productions who designed our new logo.

For more information about Heartstart Malvern or to become a volunteer, please contact Richard on 07716 345300 or at richardvakislowe@gmail.com