

# Heartstart Malvern Newsletter

No: 2 August 2016

[www.heartstartmalvern.org.uk](http://www.heartstartmalvern.org.uk)



## Website launched

One of Heartstart Malvern's first volunteers was Mike Searl. Although Mike is from Newmarket in Suffolk, he was put in contact with us by Malvern Hills Volunteering. Throughout July Mike has devoted an incredible amount of time and effort into building our website which can now be found at [www.heartstartmalvern.org.uk](http://www.heartstartmalvern.org.uk).

Mike has designed a website for Heartstart Malvern which is very professional in appearance and very easy to navigate around. The three main aims of the website are to market Heartstart Malvern, to provide a repository of learning resources and to attract donations.

Marketing Heartstart Malvern is essential to encourage people to attend training sessions, attract new volunteers and to attract donations. The website will help market Heartstart Malvern by including lots of useful information about Heartstart Malvern. We will also be reporting on some of our achievements and milestones on the news page. One of the most important features on the homepage is the button which people can use to book onto a course.

Under the course material section of the website, people who have attended a training session will be able to watch a number of DVD clips which is intended to remind them about what they have learnt on their Heartstart Malvern course. This section includes clips on CPR, AEDs, CPR on children and the recovery

position. There is also another section on the website which includes information on how to recognise and treat someone having a heart attack.

The final main function of the website is to help attract donations. This is essential to allow us to provide free training and to generate sufficient funds to purchase AEDs to be placed around Malvern.

We have made a start on this function on the website but will be making it much easier to make donations over the coming months. BT offer an excellent free software package for voluntary groups to use to collect donations. Before we can register for this package, we need to register with HMRC and have a governing document in place. We hope to register with HMRC and have a governing document in place very soon so we can register for the software.

Finally, it goes without saying, we would like to say a huge thank you to Mike for his fantastic effort in creating such a good website in a relatively short space of time.

## Mailing list (important)

One of the features which Mike has added to the website is an option for anyone to be added to our mailing list. This mailing list will be used to circulate all future copies of our newsletters.

If you would like to be added to our mailing list, please go to the news section of the website and add your e-mail address to the subscribe section. It will only take less than a minute to do.

## Facebook Group

Heartstart Malvern also has its own Facebook page now. Please join the group when you get a moment and like it or share it with your friends.

### **Heartstart Taster Evenings**

We are holding two taster evenings in August for anyone who is interested in volunteering for Heartstart Malvern but is not from a clinical (e.g. nursing) background.

The evenings are being held from 19.00 to 21.00hrs on Wednesday 10 and Thursday 18 August. The first part of the evening will be a Heartstart Malvern course. The second part will be a general discussion about the scheme and volunteering opportunities. You will only need to attend one of these evenings

If you are from a clinical background, but feel that you could do with a bit of a refresher on CPR or using an AED, you would be more than welcome to attend one of these sessions too.

### **Trainer Training Evening**

We will be holding a trainer training evening on Wednesday 31 August from 19.00 to 20.30 hrs. Anyone interested in becoming a trainer should attend this evening.

The purpose of this evening will be to familiarise everyone with the format of a typical Heartstart Malvern training session and some important underlying principles behind it. Part of the session will be used to help familiarise trainers with the training AEDs and how to use them.

Please contact Richard Vakis-Lowe (contact details at the end of this newsletter), if you would like to attend the taster and/or trainer evening. Please do not worry if you cannot attend these evenings as they will be repeated again in September. It would be helpful if you would let Richard know if you wanted to attend either of these sessions in September.

### **Waitrose Community Matters**

We have been selected by Waitrose in Great Malvern as one of the three groups to receive a donation from their Community Matters Scheme in August. This is the scheme where all customers vote for their favourite community group with a green token.

Please encourage any of your friends, colleagues or family who shop at Waitrose to put their tokens in the Heartstart Malvern box. If we can get a third of the tokens in August we would be able to buy another training manikin and if we were able to get half of the tokens, we would be able to buy another training defibrillator.

### **Training co-ordinator**

Tony Palmer has kindly agreed to become the training co-ordinator for Heartstart Malvern. Tony's role will include taking bookings for courses and helping to allocate trainers to sessions.

### **Trustees needed**

Heartstart Malvern needs to identify three or four people who would be willing to act as trustees for the group. It is anticipated that the trustees would meet about four or five times a year. The meetings would last for about two hours and would ensure that the scheme is being run efficiently as well as providing general guidance. Please contact Richard Vakis-Lowe for more information if you are interested in becoming a trustee.

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