

# Heartstart Malvern Newsletter

No: 6 May 2017

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



## Training

Heartstart Malvern has now delivered 43 training sessions and has trained over 562 people. A majority of these people have been trained since January 2017. We are well on our way to achieving our target of training 1,000 people by the end of the year.

Earlier this year the team trained 120 pupils at Dyson Perrins High School in one morning. We have also delivered training to Year 6 Pupils at Welland and Malvern Wells schools. In addition to us training the Year 6 Group and teaching staff, both Welland and The Wells School also arranged a training session for parents. This is an excellent model which we would like to encourage other schools to adopt.

The evaluations from the training sessions have all been extremely positive. A regular theme from the feedback is how much people appreciate the practical nature of the training, how good our trainers are and that more people should come forward for training.

We already have several bookings for May and June but have room for more. Please help to promote our training on social media by liking our Heartstart Malvern Facebook page.

## Public Access Defibrillators

Heartstart Malvern has just installed its second defibrillator. This has been placed at the Malvern Hills Hotel. We will be placing our third one at Malvern Town Football Club imminently and will be helping to install another four in Malvern before the end of May.

We would like to thank everyone who has made it possible to buy and install this life-saving equipment which is available for anyone to use.

We are developing a list of locations to place our next batch of defibrillators. As 80% of cardiac arrests occur at home, we would like to place these defibrillators at prominent locations such as shops, churches and pubs.

There are a few areas of Malvern without suitable locations like these. We would like to identify a few community minded people in these areas who would be happy to have a cabinet secured to an external garage or boundary wall.

Please get in touch if you have any suggestions for a suitable location.

## New Patron

We are extremely pleased to announce that The Honourable Lady Morrison DL, has agreed to become our first Patron. Lady Morrison will bring a wealth of experience to Heartstart Malvern through her experience of working with a variety of local organisations, She will also act as a figurehead for Heartstart Malvern.

## Launch

Heartstart Malvern was formally launched at an event at Malvern Theatres at the end of January. The event was extremely successful and was attended by just over 100 people.

We were fortunate to be joined by a number of local dignitaries including Cynthia Palmer (Malvern's Mayor), Harriett Baldwin our MP and Lady Morrison. We were also delighted that Clive Mantle (from BBC TV's *Casualty*) was able to take time off from his rehearsals to join us.

The event was intended to formally launch Heartstart Malvern and to raise our profile locally. In particular the event publicised both our free training and our *Saving Lives Together* appeal.

People attending the launch heard a number of presentations about why both resuscitation training and public access defibrillators are important.

The highlight of the event was a very emotional speech by Heather Hunaban who described how her husband John had suffered a cardiac arrest and survived thanks to someone doing CPR and a member of public defibrillating him.

The launch led to a number of training sessions being booked and pledges from organisations to help more public access defibrillators in Malvern. We hope that we will be able to buy and install some of the defibrillators pledged at the launch over the next few months.

An incredible amount of hard work went into planning the launch and we would like to thank anyone who helped in any way to make it such a success. We would also like to thank everyone who attended our launch.

## Saving Lives Together Campaign

*Saving Lives Together* is Heartstart Malvern's campaign to buy and install 50 Public Access Defibrillators around Malvern. You will see from earlier in this Newsletter that we have got off to a flying start.

For every minute's delay between a patient collapsing with a cardiac arrest and them receiving a shock from a defibrillator, their chance of survival will decrease by 10%. Therefore, to help save lives we need as many defibrillators as possible, readily accessible for anyone to use around Malvern.

Heartstart Malvern is confident of saving about 5 lives a year once we have these defibrillators in place and people trained in how to use them. Even if we managed to save only one life, the time effort and cost involved would have been worth it.

We still need more help and support to reach our total target of 50 defibrillators. Each defibrillator costs £1,000 and the cabinet which they need to be kept in costs £500.

Although the £1,500 to buy and install a defibrillator is quite a large sum of money, each comes with a 10 year guarantee. This means that each unit costs less than £3 a week which is a very modest investment considering their life saving potential.

Please get in touch if you would like more information about our appeal or would be interested in helping fundraise for us.

### Heartstart Malvern Contact Details

To contact Heartstart Malvern, please use the contact button on our website ([www.hearstartmalvern.org.uk](http://www.hearstartmalvern.org.uk)) or call 01684 342999.