

Heartstart Malvern

Saving Lives Together

Newsletter

No: 7 Autumn 2017

www.heartstartmalvern.org.uk

Registered Charity No: 174427



1,000th Lifesaver Trained

Heartstart Malvern achieved a major milestone in early November when we trained our 1,000th person. This milestone is even more remarkable when you take into consideration that Heartstart Malvern was only officially launched in January 2017.

The feedback from our training sessions has been overwhelmingly positive. We have received many comments saying how informative and enjoyable the training is.

Although most of the people attending a training session have never been trained to use a defibrillator before, a vast majority have stated that they would be very confident to use one after the training.

We need to keep this momentum going so we can train another 1,000 people in 2018. We will only be able to achieve this by raising the profile of Heartstart Malvern locally.

One of the most effective ways of doing this has been through social media. If you are able to like our Facebook page or Tweet about us on Twitter it would be appreciated.

Providing free lifesaving to over 1,000 people in less than 12 months would not have been possible without our small but very dedicated team of volunteer trainers. The Trustees of Heartstart Malvern would like to give a big heartfelt thank you to all of our volunteer trainers.

Public Access Defibrillators (PADS)

Through the very kind generosity of a number of individuals and community groups, Heartstart Malvern has been able to buy and install PADs at the following locations:

- ♥ Malvern Fire Station
- ♥ Malvern Hills Hotel
- ♥ Barnard's Green Cricket Club

We are just about to install our next PAD at Malvern Town Football Club. Heartstart Malvern has also helped with the installation of PADs at

- ♥ St Mary's Church, Sherrards Green
- ♥ One Stop Shop, Poolbrook

A number of local organisations have been supporting us throughout 2017 with different fundraising events. As the year starts to draw to a close, we are about to receive a number of other donations which will enable us to install a number of PADs early in the New Year. We will include details of our new PADs and the organisations that have supported us to buy these PADs in our next newsletter.

Rotary Club of Malvern

We were pleased to hear that Heartstart Malvern will be one of the charities supported by the Malvern Rotary Clubs 'Tree of Light Appeal' this year. In excess of £130,000 has been raised by the appeal over the 15 years that it has been running.

This appeal has two objectives. The first being to provide a symbol by which family and friends can remember those who will not be with them at Christmas, and the second objective is to raise funds for local charities such as Heartstart Malvern.

The lights are being switched on Monday 27th November. Heartstart Malvern would like to give another heartfelt thanks to the Rotary Club of Malvern for supporting Heartstart Malvern this year.

Barnards Green Christmas Extravaganza 2017

Barnards Green Traders are raising money to install a defibrillator in the Green. They have held a number of very successful fundraising events this year.

Their next event will be a Christmas Extravaganza on Saturday 2 December 2017 between 10.00 and 13.00hrs.

Festive music will be provided by local bands and there will be plenty for children to do, including meeting Father Christmas in his Grotto.

The Barnards Green Traders have put a tremendous amount of time and effort into their fundraising this year, so please support them if you can.

Co-op Community Fund

Heartstart Malvern has been chosen as one of the local charities which the Co-op will support over the next 12 months.

We will receive a share of the 5p charged for carrier bags and could receive 1% of what members spend on Co-op own branded goods and services.

Please encourage any of your friends, relatives or neighbours who shop at the Co-op to become a member and to nominate Heartstart Malvern as the cause they would like to support.

Saving Lives Together

The strapline for Heartstart Malvern is '*Saving Lives Together*'. This strapline was chosen very carefully as it encapsulates what Heartstart Malvern is all about; the local community working together to help save lives.

We believe that we could save several lives each year in Malvern from people suffering a cardiac arrest. To do this we need to train a significant number of local people in simple

resuscitation skills and by placing public access defibrillators around Malvern for anyone to use in an emergency.

We have already made an incredible start by training our first 1,000 life-savers and helping to install several public access defibrillators in Malvern. None of this would have been possible without the support of other individuals, local groups and organisations in Malvern.

The wonderful support which Heartstart Malvern is now receiving from the local community is a great example of how Malvern is *Saving Lives Together*. Thank you to everyone who has helped us so far.

How you can help Heartstart Malvern

There are a few very simple ways to help Heartstart Malvern:

- ♥ attend one of our training courses
- ♥ arrange a training course for an organisation you belong to or your place of work
- ♥ like us on Facebook
- ♥ tweet about us on Twitter
- ♥ display one of our posters or promotional postcards (get in touch and we will send you some)
- ♥ have a collecting tin in your local shop or pub
- ♥ support one of the many fundraising events being held for us
- ♥ arrange a fundraising event for us
- ♥ become a member at your local Co-op shop and nominate Heartstart Malvern as your charity
- ♥ volunteer with us (we can find a role for everyone)
- ♥ forward this newsletter to your friends, family, neighbours and colleagues

Heartstart Malvern Contact Details

To contact Heartstart Malvern, please use the contact button on our website (www.heartstartmalvern.org.uk) or call 01684 342999.