

27th September 2022

Dear Parent/Carer

British Heart Foundation create a Nation of Lifesavers Restart a Heart campaign

As part of our wider curriculum offer in the academy, your child will be taking part in the British Heart Foundation create a Nation of Lifesavers Restart a Heart campaign by participating in the Call, Push, Rescue Training planned to take place in the coming weeks. This is a valuable life skill and is being delivered voluntarily by the Resuscitation Lead from Doncaster & Bassetlaw Hospitals along with other health care professionals.

We will be carrying out this important training over two days. Your child will take part on either **Friday 7th October or Tuesday 11th October**.

It is worth noting that In the UK, fewer than 1 in 10 people survive an out of hospital cardiac arrest. Together we can increase these survival rates. Join the Nation of Life Savers and please encourage your child to sign up for CPR training. The training sessions will make sure that, when the worst thing happens, everyone in your community is ready to use their life saving skills to step in and save a life.

In under an hour, Call Push Rescue training will teach trainees how to recognise a cardiac arrest, carry out Adult CPR, demonstrate how and when to put a casualty in the recovery position, respond to a choking incident and explain how public access defibrillators work.

Across the UK, over 30,000 cardiac arrests happen outside of hospital every year, but less than half of bystanders intervene when they witness someone collapse. This means that thousands more mums, dads, grandparents and children could be saved every year if more people had lifesaving CPR skills. 80% of cardiac arrests outside hospital happen in the home, often in front of families and loved ones. Every delay reduces a person's chance of survival. When someone starts CPR, they take over the role of the person's heart and lungs, pumping blood and oxygen to their brain and other vital organs. This buys time until a defibrillator and medical help arrives.

We are providing the children with supported practical training; however, you can access free CPR training in just 15 minutes on your mobile phone or tablet with the RevivR™ CPR Training. You can also learn this life saving skill, you never know when you'll need it:

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>.

<https://life-saver.org.uk/>

There is no time to waste in teaching vital lifesaving skills and creating a nation of life savers.

We hope you agree that this is an important life skill and we thank the volunteers for providing this opportunity to our students.

Yours faithfully,

Emma Ferrarelli

Associate Vice Principal