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# **FREE CPR & Defibrillator Training**

**1100hrs on Saturday 21st April 2018**

**at the WI Hall, Ringmore.**

**ALL ARE VERY WELCOME.**

**Training provided by Nigel Toms the unpaid local volunteer Community First responder for South West Ambulance Service.**

**Restart a Heart** Over 3,600 people are resuscitated by ambulance staff every year in the South West because they suffer a pre-hospital cardiac arrest. For every minute that passes once in cardiac arrest, a person loses a further 10% chance of survival, and with this dramatic loss in chance of survival, there is a need of a defibrillator every 4-5 minute walk.

Without doubt this availability would improve cardiac arrest survival rates throughout the South West.  
A defibrillator is a device used to give an electric shock to help restart a patient’s heart when they are in cardiac arrest. If there were more public access defibrillators, more people could get a life-saving shock as quickly as possible, ahead of an ambulance, which would assist in giving them the best possible chance of survival.

When someone suffers a cardiac arrest, the heart stops and blood is no longer being pumped around their body. The longer they go without emergency life-support, the harder it is to restart their heart. This is where you and your community, organisation or business could make a difference.

**No need to book just turn up.**

**Local Neighbourhood Policing Team in attendance (where possible). – Your chance to meet your local police beat officer.**