

# HELPING CREATE A NATION OF LIFESAVERS

24<sup>th</sup> April 2017

Greater London House  
180 Hampstead Road  
London  
NW1 7AW

T 020 7554 0000  
F 020 7554 0100

Dear Parent/Carer

We are proud to inform you of the school's participation in a new initiative from the British Heart Foundation (BHF) – to create a Nation of Lifesavers by training schools, workplaces and community groups across the UK life-saving cardiopulmonary resuscitation (CPR) skills.

This initiative has seen the school receive 35 training kits (fondly known as Annies) along with training DVDs (CPR, Recovery position and Use of defibrillators). As part of supporting this initiative we will be running an 8 week programme whereby all students will, as part of their pastoral experience, receive training in the key outlined areas, including first hand practice of CPR on the Annies provided. This will begin in the coming weeks and run through to the summer holidays.

Every year, over 30,000 people in the UK suffer a cardiac arrest out of hospital - that's 30,000 opportunities to help save a life.

Cardiac arrests are often witnessed by family members or friends. Without help, the person will die within minutes but effective and immediate CPR can help double the chance of survival in some cases. An experience we hope our students never had to go through, but if they do one we hope we can ensure they are prepared for.

In under 30 minutes, with the help of BHF training kits and DVD resources, we will be teaching our pupils vital CPR skills, and the three simple steps that could help save a life:

- **CALL** 999 immediately.
- **PUSH** hard and fast on the centre of the chest 30 times.
- Give two **RESCUE** breaths.

Keep going until the emergency medical services arrive. If you'd rather not give rescue breaths then call 999 and deliver hands only CPR. That's better than doing nothing.

Pupils will leave the classes feeling empowered, knowing that their skills will help double the chances of survival for someone in cardiac arrest.

Should you have any questions please do not hesitate to contact Mr Coe Curriculum Leader of Physical Education: [jcoe@elycollege.co.uk](mailto:jcoe@elycollege.co.uk)

Yours faithfully



Richard Spencer  
Principal

**FIGHT FOR EVERY HEARTBEAT**  
bhf.org.uk