



# Restart a Heart Day

**Information pack**





“

Thank you for taking part in Restart a Heart Day, helping us to create an army of lifesavers across Kent, Surrey and Sussex. Together, we will save even more lives in our communities.

”

**Ben Paul, Paramedic**

Air Ambulance Charity Kent Surrey Sussex (KSS)

# About us

Click here  
to watch a short  
film about our  
lifesaving work



We're Air Ambulance Charity Kent Surrey Sussex (KSS), your local air ambulance charity. We hope you never need us, but every year thousands of people do. And if you do, we'll be there to fight for your life. We bring specialised doctors, paramedics and treatment to the scene, **24/7, 365 days a year**.

It costs **£51K** per day to deliver our world-leading, lifesaving service. Each mission costs **£4,100** on average.

**88%** of our total income is raised through the incredible generosity of our supporters.



# Restart a Heart Day

Wednesday 16 October 2024

Restart a Heart Day was founded by the **Resuscitation Council UK** and **British Heart Foundation**, along with partners, to raise awareness about cardiac arrest.

It aims to help people learn **CPR** and **defibrillation**, giving them lifesaving skills and the confidence to use them.

**KSS** provides support to South East Coast Ambulance crews across the region at the most complicated cardiac arrests. In 2023 we responded to **273 medical cardiac arrests**.

Restart a Heart Day 2024



## Patient story: Colin Harley



KSS Volunteer Steve Harley saved his father Colin's life in 2021 by giving him CPR.

"I've had lots of first aid training, and CPR is one of those things that you hope you'll never have to use. Luckily, I knew what to do when my father had a cardiac arrest.

"These sessions from KSS are a great way of providing youngsters and their parents with the skills that could help them save a life."

Read more about Steve and Colin's story [here](#)

# Giving people the confidence to act in an emergency

Across the South East, around **24 people a day** experience a cardiac arrest. Surprisingly **80%** happen to people while they're at home.

Sadly, only **1 in 10** people currently survive. At KSS, we want to change that. We want more people to survive, and we know that everyone has the potential to save a life. You just need to know how.

It's so important to learn CPR and defibrillation because by starting these lifesaving skills ahead of the emergency services arriving you can more than double someone's chance of survival.

\*Figures: Resus Council UK [resus.org.uk](https://resus.org.uk) and SECAmb Annual Cardiac Arrest Report April 2022-March 2023

Restart a Heart Day 2024



## Session info

30-minute pre-recorded CPR and defibrillation session delivered by our expert doctors and paramedics

Our 30-minute pre-recorded CPR and defibrillation session will ensure you learn the skills that could help save a life.

Access the **pre-recorded session** by visiting the link (available on the next slide) at a time that suits you.

Ensure everyone joining has a jumper (rolled up) or pillow/cushion, along with some space to practice.

**Remember to have your jumper or cushion ready to use during the session.**

# Session info



Pre-recorded sessions are available here:

[Get the link to your session here](#)

If you are a parent/guardian/carer, we also have two livestream sessions tailored for adults and children learning together on Wednesday 16 October:

**17:00-17:30** Parents and children (Primary)

**18:45-19:15** Parents and children (Secondary)

[Get the link to your session here](#)



# Creating an army of lifesavers

Thank you for taking part in Restart a Heart Day 2024 and joining our army of lifesavers.

Last year we trained 17,000 people and this year we are training tens of thousands more. But we still need your help. We want to ensure everyone across the South East is trained in CPR and defibrillation so that they can be a lifeline for a loved one, or anyone else, when they need it the most.

Please share this [film](#) with as many people as possible to help grow our army of lifesavers.



# Share your photos

You can also make a real difference and help us reach many thousands more people by sharing that you are taking part in Restart a Heart Day on social media.

Please take a photo making a heart symbol with your hands. You could share it with the caption:

**I'm learning to restart a heart.  
Can you? It's #InYourHands  
Join me and learn how to save lives!**

Please don't forget to tag us @airambulancekss  
and use the hashtag #InYourHands



Restart a Heart Day 2024



# Further information

You can find lots of resources including downloadable certificates ready to print [here](#).

If you can't join us live, we also have a pre-recorded session that you can access [here](#) at a time that suits you.

We have in-person events running from **Tuesday 15 October**, find our schedule on our [website](#).



# Further information

There are also lots of other ways to support our charity, please take a look at [aakss.org.uk/get-involved](https://aakss.org.uk/get-involved)

You can also visit the following websites for more information:

British Heart Foundation: [CPR and defibrillators](#)

Resuscitation Council: [How to do CPR](#)

If you have any questions or would like more information please contact our friendly Community Team on 01634 471900 or email [community@aakss.org.uk](mailto:community@aakss.org.uk)