

KSSX
AIR AMBULANCE CHARITY
KENT SURREY SUSSEX


Girlguiding
London and
South East England



Restart a Heart Day

**Information Pack
for Girlguiding**




Girlguiding
London and
South East England

About this pack

Welcome to your Restart a Heart Day Information Pack which we hope will provide you with all the information you need to take part this year. This activity forms part of the [Girlguiding London and South East England Air Ambulance KSS Mission Badge](#).

Section 1 - Pre-event: For leaders to access in the run up to Restart a Heart Day livestream sessions. Use this section to learn more about our charity, what Restart a Heart Day is and why CPR and defibrillation are important skills to learn, even for children. We also have information about the sessions on the day.

Section 2 - On the day: For leaders to use with your unit on Wednesday 16 October 2024, before your selected livestream session begins.

[**Click here
to skip to
Section 2**](#)



KSSX

AIR AMBULANCE CHARITY
KENT SURREY SUSSEX

Restart a Heart Day

Pre-event

For leaders

Section 1





“

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**.



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](#)

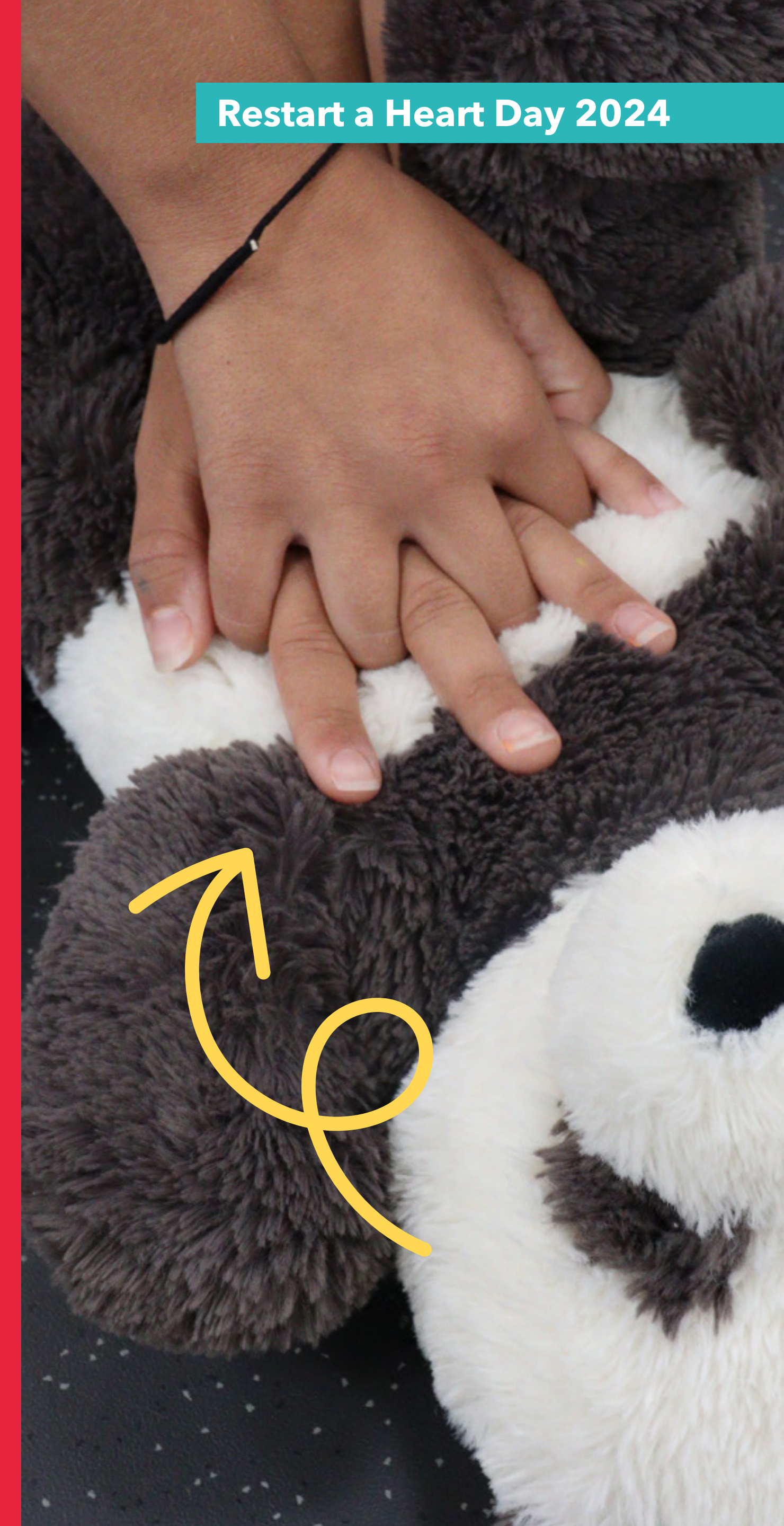
Giving children the confidence to act in an emergency

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 and SECAmb Annual Cardiac Arrest Report April 2022-March 2023



Session info

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

Aimed at **Brownies, Guides and Rangers** as part of the **Girlguiding London and South East England Air Ambulance KSS Mission Badge**, the livestream and pre-recorded sessions are fun, educational and interactive and will ensure everyone in your unit learns the skills that could help save a life.

Access the **livestream session** by accessing the link (included on next slide) at your registered time on **Wednesday 16 October 2024**. if you can't join live, you can watch one of our pre-recorded sessions when your pack next meets (details on next slide).

You can join along too, just ensure everyone **brings along a soft toy or teddy** and there is some **space** for children to practice e.g. a hall or similar.



Session info

Restart a Heart Day 2024

Wednesday 16 October

30-minute livestream sessions will be delivered at the following times:

6pm-6:30pm Brownies

7.30pm-8pm Guides & Rangers

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

At a time that suits you

Access your pre-recorded session here:

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

If you don't have access to Wi-Fi you can order a USB stick by emailing community@aakss.org.uk
(Please include your name, pack name and address)



Session info



Parent and Child sessions

We also have parent and child sessions available so you can learn together at home:

5pm-5.30pm Parents and children (Primary)

6.45pm-7.15pm Parents and children (Secondary)

Parents can sign up [here](#), so please share this link.

[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](#).

If your unit would be interested in booking a talk to learn more about the work of KSS, simply complete the form below or email talks@akss.org.uk

[**Book a Talk - Air Ambulance Charity Kent Surrey Sussex**](#)

Further information

There are also lots of other ways to support our charity, please take a look at 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

KSSX

AIR AMBULANCE CHARITY
KENT SURREY SUSSEX

Restart a Heart Day

On the day



For leaders to use with your unit pre-session



Section 2

About us



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.

Giving you confidence to help someone in an emergency

When someone's heart stops beating, it is called cardiac arrest. In the area that we live, the South East of England, around **24 people a day** experience a cardiac arrest.

It's really important that you know how to help get their heart beating again as quickly as you can, even before the emergency services arrive.

You can do this by learning how to do CPR and how to use a defibrillator. It's quick and easy for everyone to learn, even children just like you.



Restart a Heart Day



Restart a Heart Day is a special national awareness day aimed at educating as many people as possible about cardiac arrest and the lifesaving skills of CPR and defibrillation.

It's really important that we all learn about cardiac arrest and these skills so we can help save lives.

By taking part today you will join our army of little lifesavers!



What will happen today?

Shortly, we'll all join a link online where we'll learn the lifesaving skills of **CPR** and **defibrillation**.

The expert doctors and paramedics from KSS are going to teach us all we need to know.

All you need is some **space around you** and a **teddy, soft toy, cushion** or **rolled-up jumper** to help practice.



After today

After our session with the doctors and paramedics from KSS, we can all help to spread the word and encourage others to learn these live saving skills.

We'll also receive a certificate for taking part.

