



Restart a Heart Day

Information pack



For parents



“

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 and SECAmb Annual Cardiac Arrest Report April 2022-March 2023

Restart a Heart Day 2024



Session info

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

The sessions are educational and interactive and will ensure you learn the skills that could help save a life.

Access the livestream session by visiting the link (available on the next slide) at your registered time on **Wednesday 16 October 2024**.

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

Remember your jumper or cushion to use in the demonstration!

Session info



Wednesday 16 October

30-minute session delivered at the following time:

6.45pm-7.15pm Parents and children (Secondary)

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



If you have an younger child at primary school, we also have a livestream session aimed at KS1 and KS2 children:

5pm-5.30pm Parents and children (Primary)

[Get the link to your sessions 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](#).

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

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.



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