



Celebrating 11 years of Restart a Heart Day



# RESTART A HEART DAY

16 October 2024



Information for Schools



# Dear Lifesavers

Thank you for registering to take part in **Restart a Heart Day** on **Wednesday 16 October 2024** when we will celebrate 11 years of our life-saving campaign. You will be joining secondary schools and colleges across Yorkshire to provide cardiopulmonary resuscitation (CPR) training to students in the largest event of its kind.

Today, if you suffer a cardiac arrest out of hospital in the UK, you have less than a one in 10 chance of surviving. In places such as Norway where CPR is more widely taught, it is as high as four in 10.

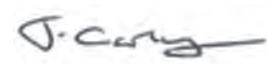
There are several other key factors to this success, such as increasing the number of public access defibrillators in the community but getting members of the public to initiate CPR before the arrival of an ambulance is crucial.

Yorkshire Ambulance Service has some of the best survival rates in the country from patients who suffer an out-of-hospital cardiac arrest, and this is partly due to a higher-than-average bystander CPR rate. We would like that to be as high as places such as Stavanger in Norway where it is 75% and, with your help and the fact that CPR, defibrillator awareness and basic first aid is now part of the National Curriculum, we believe this is possible.

While we offer this training free of charge, we would ask you to consider fundraising or making a donation to the Yorkshire Ambulance Service (YAS) Charity which helps to fund the event.

Thank you once again for your involvement; we're sure you and your pupils will have a really memorable day.

Kindest regards,



**Jason Carlyon**  
Community Engagement Manager  
Yorkshire Ambulance Service



"Training nearly 300 pupils how to do CPR in one day is no mean feat. Hopefully, they won't ever need to use it, but if so, it would be nice to think that lives could be saved."  
Roundhay School





# Restart a Heart Day

## What will the day involve?

On Restart a Heart Day, a number of instructors (based on the number of students you have requested training for) will visit your school. The length of time we will spend at your school will depend entirely on how many pupils we are teaching and in how many groups. Our instructors will teach the children how to perform CPR using a training video and practical instruction on manikins. Children will have the opportunity to ask questions.

## How many pupils can receive the training?

We will accommodate class sizes to match the number of manikins you have (one manikin per pupil). Our staff will visit your school for anything from an hour to the full day to teach as many groups as possible. Each session lasts 30 minutes so we can potentially deliver 10 sessions in your school day. There is some flexibility for students to share manikins in order to teach more students but the session length should reflect this.

## Who are the instructors?

The instructors are predominantly Yorkshire Ambulance Service staff who have volunteered to deliver the training on their day off. Most are clinicians (Paramedics, Emergency Medical Technicians etc) but there may also be staff from other departments providing assistance, as well as Community First Responders (CFRs). Volunteers are also provided by St John Ambulance, Yorkshire's four fire and rescue services, other NHS organisations and medical students.

## What resources do you need?

You will need one manikin for every student which you may already have. If you need manikins, you can purchase a Call Push Rescue kit from the British Heart Foundation or request Yorkshire Ambulance Service Pillow Partners which are available for a suggested donation of £2 via our website <https://restartaheart.yas.nhs.uk/get-involved/pillow-partner/>. You will need an appropriate-sized room for the requested number of pupils to be taught with plenty



of floor space to work on. We will also need access to multimedia facilities – a streaming device and large-screen television/projector screen (with speakers). We will not need any chairs/tables as the students need to be on the floor for the duration of the training.

## Will photos be taken on the day?

If you provide consent for our staff to take photos of the event, these will be collected centrally by our Corporate Communications Team as a record of Restart a Heart Day. They may be used on social media, in the media, on our website or in internal publications to share activities from the day and the importance of CPR.

## How much will it cost us?

All our staff offer their time voluntarily so while we offer this training free of charge, we would ask you to consider fundraising or making a donation to our YAS Charity which supports the event. Provision of refreshments for our volunteers, or lunch for those who are there for the full day, would be much appreciated.





# Why should your students learn CPR?

Did you know?



Cardiac arrest occurs when the heart stops pumping blood around the body and causes a person to collapse and stop breathing normally



In the UK fewer than one in 10 people survive a cardiac arrest



In the UK there are over 30,000 out-of-hospital cardiac arrests a year where emergency medical services attempt resuscitation



There is a 10% decrease in chances of survival for every minute that passes without CPR



Around 80% of out-of-hospital cardiac arrests happen in the home



By learning CPR, you can more than double someone's chances of survival

Bystander CPR rates are believed to be low because:



Failure to recognise cardiac arrest



Lack of knowledge of what to do



Fear of causing harm or being harmed



Fear of being sued



"Thank you for organising another great Restart a Heart Day. A huge thank you to Yorkshire Ambulance Service, your team and all the volunteers who were brilliant in enabling all the students to learn a valuable life-saving skill."

The Halifax Academy





**NHS**  
Yorkshire  
Ambulance Service  
NHS Trust



**"Absolutely loved it! What a day! Can't wait for next year."**  
Malby Academy

## New CPR training aid Introducing the new CPR training aid from Yorkshire Ambulance Service - **Pillow Partner**

The pillow cases are printed with a torso and basic CPR instructions in English on the front with the key information translated into Urdu, Punjabi, Arabic and Polish on the back.

Suggested  
Donation  
**£2**

Thanks to support from the Yorkshire Ambulance Service Charity, they are available for a suggested donation of £2 per pillow case by emailing [yas.restartaheart@nhs.net](mailto:yas.restartaheart@nhs.net)





Help us to save more lives! Have you heard

about the life-saving work of the

Yorkshire Ambulance Service Charity?

The charity supports **Yorkshire Ambulance Service** by providing public access defibrillators for communities and life-saving training through initiatives like **Restart a Heart Day**.

Please help us to save more lives by fund-raising for us as part of your efforts on **Restart a Heart Day** or in the build-up to the event.

### Health-inspired fund-raising ideas...

1

**Sponsored CPR-a-thon** – challenge classes to see how many chest compressions they can perform in an hour!



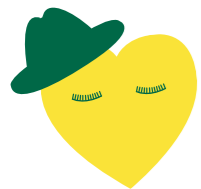
4

**999 challenge** – get sponsored to do something 999 times!



2

**Be a 'heart-throb'** and hold a non-uniform day



5

**Staff versus student sports match**



3

**Set up a Smoothie Bar**

**For more inspiration visit: <https://restartaheart.yas.nhs.uk>**

We can help with sponsorship forms, posters, advice and lots more!  
Please email [yas.charity@nhs.net](mailto:yas.charity@nhs.net)

## We have many resources to help you make the most of your day:

These resources can be accessed by visiting our Restart a Heart website at:

<https://restartaheart.yas.nhs.uk/get-involved/cpr-training-resources/>

### Videos

- Interactive CPR simulation training video
- Nine-year-old Daisy teaches CPR using one of our new CPR training aids - the Pillow Partner
- Yorkshire celebrities explain how to perform CPR
- The story of a student who saved a stranger's life with skills she learnt on Restart a Heart Day\*
- How to use a defibrillator\*
- CPR tutorial using Makaton sign language for people with communication difficulties
- CPR Anywhere campaign video to highlight the importance of learning CPR on the basis that a cardiac arrest can happen anywhere
- 1940s style CPR video

### Posters

- How to do CPR\*
- How to use a defibrillator\*
- Restart a Heart Day is coming to your school
- Performing CPR can double someone's chance of survival\*
- Every second counts when someone is in cardiac arrest\*
- Learn CPR, save a life\*

### On-the-day resources

- Checklist to make sure you're all ready for the life-saving lesson
- Certificate for pupils who have completed the CPR session on Restart a Heart Day
- Certificate for schools which have participated in Restart a Heart Day

- Help us to assess your students' level of understanding of their CPR lesson by asking them to complete a short 10-question quiz at <https://forms.gle/ApooVCa2Zek3NC2N6>

### Educational materials

- Feel a heart in action
- Run a healthy heart campaign
- Create a heart pump
- Make your own stethoscope
- What is shock?
- Multiple choice quiz
- Heart word search
- Do you know where your nearest defibrillator is?

### Letter

Letter to parents/carers of students taking part in Restart a Heart Day explaining the importance of the CPR lesson

### CPR playlist

Enhance your training with a selection of songs with the appropriate beat to get the rhythm right for performing CPR <https://open.spotify.com/playlist/7oJx24EcRU7fIVoTdqKsck>

### Social media

We would love your support to help us raise awareness of the value of CPR and encourage members of the public to learn this vital skill. We have some images you can share on social media.

\* These resources are also available in Urdu, Punjabi, Chinese, Polish, Kurdish, Slovak, Arabic and Gujarati via the website detailed above.

# Cardiac arrest survivor and rescuer success stories

We hear many stories about cardiac arrest patients whose lives have been saved by bystanders performing CPR and using a defibrillator.



## Alex Cowes

Alex was 15 when he had a cardiac arrest at school in York during an indoor cricket lesson in 2015.

School staff raised the alarm, started CPR and used the on-site defibrillator to shock his heart into a regular rhythm. Remarkably, Alex was sitting up and talking when the ambulance arrived.

Thanks to their actions, Alex was able to return to school just weeks later to complete 14 GCSE exams, the first of which he sat just four days after having a cardioverter defibrillator implanted in his chest to continuously monitor his heartbeat.

Alex, who now works in project management after completing an apprenticeship, returned to his school to mark the 10th anniversary of Restart a Heart Day in 2023.



## Martha Hogg

When Martha was 21 she saved a stranger's life by doing CPR – a skill she had learned when Yorkshire Ambulance Service visited her school on Restart a Heart Day.

Martha was working at a cafe in Skipton during a break from studying psychology at university when a customer, Keith Procter, collapsed in cardiac arrest in 2019.

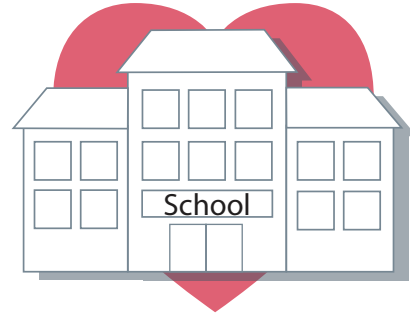
She quickly recognised the seriousness of the emergency and started performing CPR which she had learned at Skipton Girls' High School on Restart a Heart Day in 2015.

Thanks to Martha's life-saving actions, 71-year-old Keith made a full recovery.

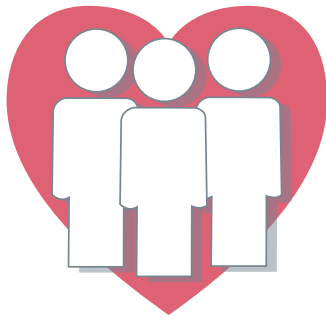
Keith said: "For Martha to have done the training at school and, four years later, to have performed CPR so well that she saved my life is quite incredible. She will always be our special angel."



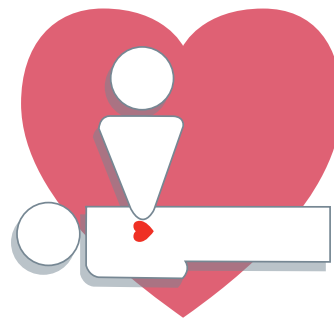
**since  
2014**



**1,047  
Schools**



**39,213  
Volunteer  
hours**



**234,708  
Students trained  
in CPR**

<https://restartaheart.yas.nhs.uk>

**#restartaheart**

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