



Celebrating 13 years of Restart a Heart Day



RESTART A HEART DAY

16 October 2026



Information for Schools

Dear Lifesavers

Thank you for registering to take part in **Restart a Heart Day** on **Friday 16 October 2026** when we will celebrate 13 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.

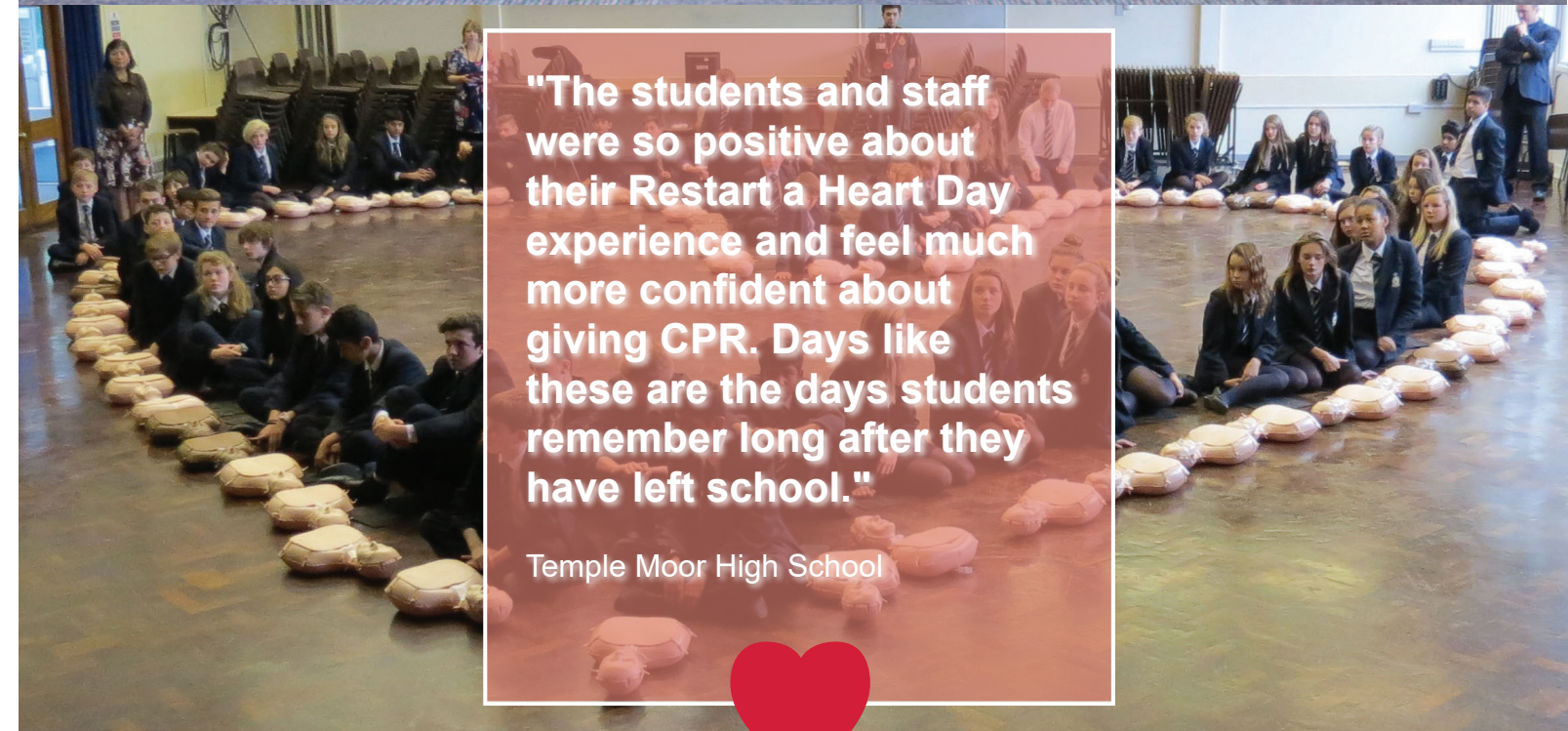
While we offer this training free of charge, we would ask you to consider fundraising or making a donation to the Yorkshire Ambulance Service (YAS) Charity which helps to fund the event.

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



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 and operate a defibrillator by using a training video - https://www.youtube.com/watch?v=QMiv_xoUcWA&t=8s - 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?

Schools will need one manikin per student, which they may already have available. If additional manikins are required, Mini Anne CPR training kits can be purchased from the British Heart Foundation. We have a limited number of manikins available to loan. Alternative training dates may

be offered if there is insufficient loan equipment available for Restart a Heart Day. 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 you?

All our trainers offer their time voluntarily so provision of refreshments for our volunteers, or lunch for those who are there for the full day, would be much appreciated.

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. In previous years, participating schools have shown fantastic support for the YAS Charity through fundraising activities including bake sales, non-uniform days and choosing the charity as their charity of the year. This support helps fund life-saving programmes, including Restart a Heart, and provides vital equipment across the region. The more schools that get involved, the more YAS Charity can do to support Restart a Heart Day.



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



"We trained 290 of our students which is an incredible effort. We really appreciate all the hard work that goes into organising and planning the day. As always, the delivery was superb."

Roundhay School



NHS
Yorkshire
Ambulance Service
NHS Trust



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.

Thanks to support from the Yorkshire Ambulance Service Charity, they are available for a suggested donation of £2 per pillow case (plus postage and packing) by emailing yas.charity@nhs.net



"We greatly appreciate you volunteering your time and empowering our pupils with the confidence to help others in emergencies."

Cundall Manor





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

- CPR and defibrillator training video
- 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.

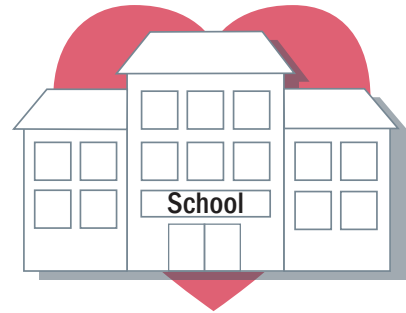
She quickly recognised the seriousness of the emergency and started performing CPR which she had learned at Skipton Girls' High School on Restart a Heart Day in 2015.

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

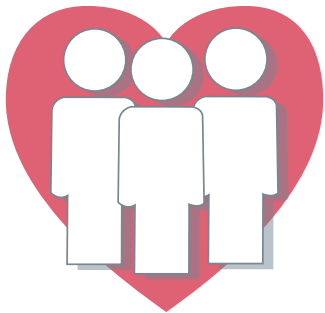
Keith said: "For Martha to have done the training at school and, four years later, to have performed CPR so well that she saved my life is quite incredible. She will always be our special angel."



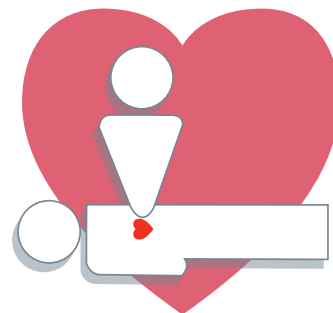
**since
2014**



**1,397
School visits**



**49,717
Volunteer
hours**



**311,432
Students trained
in CPR**

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

#restartaheart

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