

## Did you know?

Only 1 in 10 people in the UK survive an out-of-hospital cardiac arrest. In places where life saving skills are more widely taught, like Norway, this rises to 7 in 10.

Help us to equip our children to become a nation of lifesavers today!



[www.heartstartmeonvalley.co.uk](http://www.heartstartmeonvalley.co.uk)

**Working with schools and colleges across Hampshire.**

# Emergency Life Saving Skills Training

**Free training specifically tailored to meet your school or college's requirements.**

The training covers some, or all of the subjects below depending on the age of the children being taught:

- ◆ How to approach a medical emergency
- ◆ Calling the emergency services
- ◆ Dealing with an unconscious person
- ◆ Administering Cardio-Pulmonary Resuscitation (CPR)
- ◆ Recognizing the signs of a heart attack
- ◆ Responding to a choking incident
- ◆ Dealing with a serious bleed
- ◆ Using an Automated External Defibrillator (AED)

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**We have already trained 17,000 students.**

**Our vision is to train another 34,00 by 2030.**



## What Schools and Students Say About Us

"If I didn't do the Heartstart course I don't know what would have happened to Dad." 11 year old school participant whose father suffered a heart attack.

"The sessions are really accessible for the children, tailored to the different age groups. As a primary school being able to offer sessions to all classes every 3 years ensures that children benefit from the key messages at least twice during their primary years." Primary Head Teacher

"The Heartstart team is a wonderful bunch of well qualified individuals and has delivered a brilliant, age appropriate training to pupils that has been engaging and incredibly valuable." Secondary School Teacher.

## Who We Are

**Our training is compliant with COVID 19 regulations.**

Established in 2001, we are a Hampshire based charity formed to help save lives by training people in emergency life saving skills. We offer a completely free service and all of our work is done by volunteers. All of our trainers have operational emergency experience and are fully qualified to provide training in emergency life saving skills.

**We rely completely on donations and grants to run our operations. If you would like to support our work click below!**



Meon Valley Heartstart: Winner - Best Educational Establishment of the Year

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