

# PASS ON YOUR KNOWLEDGE TO HELP OTHERS SAVE LIVES IN WALES

PROVIDE LIFE SAVING TRAINING TO COMMUNITIES IN WALES



## SAVING LIVES IN WALES PROJECTS

SCHOOLS • CLUBS • COMMUNITIES

Welsh Hearts is running a project, called **Saving Lives in Wales**, that involves doctors, nurses, paramedics, First Responders and medical students providing training on performing basic life support skills. The sessions provide a simple physiology lesson; how to assess a collapsed patient; performing chest compressions, managing choking and using an automated external defibrillator.

We've been running the project since February 2014, have visited twenty schools, fifteen rugby clubs, five local communities and taught well over two thousand students. Demand is rapidly increasing and we need more volunteers.

Welsh Hearts are also looking to get public access defibrillators into every school, sports club and community in Wales. The charity has the goal of helping to save lives and encouraging a sense of personal responsibility.

The training we provide is very straightforward and gets the message across of the importance of early chest compressions and defibrillation along with teaching the simple management of choking. Please let me know if you are interested in helping out. I look forward to hearing from you!

For further information, please contact

029 2078 6521

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[welshhearts.org](http://welshhearts.org)   [WelshHearts](https://www.facebook.com/WelshHearts)



the heart charity for Wales  
elusen y galon dros Gymru

JustGiving



Institute of Fundraising

Welsh Hearts is a registered charity in Wales with charity number 1154109  
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