PRESS RELEASE

Heart Safe Communities UK

Trustees Chair Russell B. Hamilton & Karen Hamilton of a new National Charity '**Heart Safe Communities UK**' were presented with a cheque for £3,070.00 from Yarwell Mill Country Park Residents Association on Friday 17th December.

The money was raised through a series of fundraising events over the past few months by residents at Yarwell Mill Country Park.

Chair Russell Hamilton said "We are delighted to receive this donation from Yarwell Mill Country Park Residents Association. We first discussed the importance of having defibrillators strategically located within the community with Residents Association Chair Phil Begley early this year. He immediately recognised the importance of being in close proximity to life saving equipment in the event of need. Since then we know how hard the group has worked to raise this money."

Russell went on to say "It's great to know that both local residents and the owners at Yarwell Mill understand the importance of this. The owners have demonstrated their determination to keep the community safe by installing two defibrillators recently. This donation will now be used to buy two more. This means that once installed residents, people working at or visiting Yarwell Mill will all be within close proximity to potentially life saving defibrillators in the event of a cardiac arrest".

In the event of a cardiac arrest it's vital to call 999, begin CPR as soon as possible and use a defibrillator if there is one available. Doing this will increase the chance of survival and recovery from a cardiac arrest.

Trustee of Heart Safe Communities UK Dr. Karen Hamilton said "Our key objectives include working with people to build ***Heart Safe Communities;*** the means **raising awareness**, building **networks of strategically placed defibrillators** and facilitating **high quality training** for as many people as possible in CPR and how to use a defibrillator. The fact is that anyone has the potential to save a life and can use an automated defibrillator without any training.

You can't shock anyone unless it's needed. The defibrillator does all the work once it's connected to the patient, it will tell you very clearly what to do and when to do it. We can however help reduce anxiety and increase confidence by building familiarity with training. We hope that through our work we can increase the number of defibrillators within the recommended retrieval distance of 100 metres; and increase the number bystanders who are willing to help in an emergency when every second counts".

Chair of Yarwell Mill Country Park Residents Association Phil Begley said "We're very pleased to be supporting Heart Safe Communities UK. They are a new charity that's committed to helping save lives. Inspired by them and the work they've been doing the enthusiasm for this cause has been palpable. The community has really got behind this and excelled at fundraising. We have



held a wide range of events including selling fruit and vegetables, a Pimms high tea and an Autumn Fayre. It's been fun. We have more planned."

Both Phil and Russell thanked site manager Samantha Nichols for all her help and support. It shows what can be achieved by working together.

For more information contact Heart Safe Communities UK at info@hscuk.org.uk

Heart Safe Communities UK
Charity number 1196702

Follow HSCUK

Twitter @HSCUKCharity
Facebook Heart Safe Communities UK @HSCUKCharity
Website - HSCUK to be launched in the new year

In the photograph above from left to right

Russell B. Hamilton, Dr Karen Hamilton, Samantha Nichols, Phil Begley