

BYGRAVE PARISH COUNCIL

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SUMMER 2024 NEWSLETTER

To the Residents of Bygrave

We hope you are all keeping well in this time.

Lower Bygrave Defibrillator



You will by now probably have noticed that there is a new defibrillator (AED) on the outside of the bus shelter on Wedon Way. Thanks to the generosity of NHDC, Herts CC, Rotary Club, 41 Club and the Parish Council, this has been at no cost to the residents. Hopefully everyone will feel safer as a result. Thanks to Ms Liz Whittle who took the part of lead for this installation.

If you have a cardiac arrest outside hospital in the UK, your chances of survival are only 7%. This is increased significantly with a defibrillator, which can be used by anyone, as it will talk you through what you need to do. When you ring **999** they will let you know whether it is needed and the access code for the cabinet.

In addition, the Community Heartbeat Trust are delivering a personalised training session for us at **Baldock Community Centre on Friday Sept 20th from 6 to 8pm**. Please do come along if you can and bring your older children: maybe, like me, you've done courses in the past, but refreshing your knowledge could help save a life. We will also learn how our particular AED operates. **Could you let Liz know if you are intending to come, (her contact details below)**. Tea and cake will be provided – if you can help with this, please let her know.

Training will cover:

What is Sudden Cardiac Arrest

- 5 minutes to save a life
- Physiology of the heart
- How to recognise SCA

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How to do CPR and why

- Practical Demonstration
- How to use your AED
- Recovery position/turning a patient
- Handover to the Paramedics
- Governance and support programmes

If you are unable to make this date, Liz would like to offer another time to watch relevant training videos together in her home.

We are also going to set up a single number telephone system called V.E.T.S to aid the 'lone rescuer' whereby volunteers will come to the aid of someone in an emergency.

If you notice any problems with the cabinet, if you are interested in the video session, or if you would like to be one of the V.E.T.S volunteers, please contact Liz, who also has responsibility for regular monitoring of the equipment.

Contact details:

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