

Promoting better understanding, diagnosis, treatment and quality of life for individuals suffering with cardiac arrhythmia

Schoolchildren Learn Life-Saving Skills
Local Charity Brings Vital Heart Rhythm Knowledge to Shipston Children

EVENT DATE: 30 June 2010 – UPDATED PRESS RELEASE

LOCATION: SHIPSTON ON STOUR HIGH SCHOOL, SHIPSTON

Locally based Heart Rhythm Charity, Arrhythmia Alliance worked with students at Shipston High School this week to teach them about CPR methods and how to take their own pulses – knowledge that could save their own or someone else’s life.

The 11 and 12 year olds took part in workshops during Healthy Schools Week, showing them how to take a pulse and basic CPR methods as well as how to use an Automated External Defibrillator (AED) to help save the life of someone in cardiac arrest. They were shown the value of knowing their own pulse and being pulse-aware so that they can understand their heart rhythm.

There are several AEDs located in public places around Shipston, Newbold on Stour and Stratford which were organised by Arrhythmia Alliance. This means that anyone who suffers a Sudden Cardiac Arrest in the local area can get help quickly. The charity wants as many people in the local community as possible how learn to use them and is delighted at the chance to include some of Shipston’s young people.

Joanna Fearnley from Arrhythmia Alliance, who organised the workshop, said, *“It was a fantastic session, the children were all really interested and asked lots of intelligent questions. We hope the children would now feel confident to be able to carry out CPR and use an AED if they needed to.”*

Joining the charity staff at Shipston High School were members of the **West Midlands Ambulance Service**, who provided equipment to demonstrate CPR and AED skills to the Year 7 children.

Shipston High School’s Head Teacher Mr Jonathan Baker said, *“It’s great that the children have an opportunity to learn these skills. You never know when one of them might be called on in an emergency during their lives and gaining this vital knowledge now is really important.”*

The charity has recently run a highly successful national campaign ‘Know Your Pulse’ which was backed by many Premiership and Championship football managers in the wake of several high-profile footballers dying of sudden cardiac arrest while playing.

www.heartrhythmcharity.org.uk info@heartrhythmcharity.org.uk

President: Prof A. John Camm, QHP, MD, FRCP, FACC. **Trustees:** Dr Adam P Fitzpatrick, MD, FRCP, FACC, Dr Derek Connelly, MD, FRCP, Mrs Trudie Lobban MBE, Mr Chris Brown F.C.A., Mr Nigel Farrell LLB(Hons)
Patrons: W B Beaumont, OBE, Prof Hein J J Wellens, Prof Silvia G Priori.

Registered Charity Number - 1107496

Fundraising is due to start soon to buy an AED for Shipston School and Arrhythmia Alliance is hoping that local people and businesses will donate to this appeal.

Editor's Notes:

1. For more information, please contact Joanna Fearnley at Joanna@heartrhythmcharity.org.uk or call 01789 451823
2. Websites: www.heartrhythmcharity.org.uk & www.knowyourpulse.org