

BE EXTRAORDINARY

Turn bystanders
into lifesavers



Learning how to save someone's
life takes just two hours

Welcome to Heartstart

Heartstart is a British Heart Foundation initiative which teaches people what to do in a life-threatening emergency - Simple skills that save lives.

It aims to facilitate and support Emergency Life Support in the Community

Thurston Scheme

The Thurston Heartstart scheme is run by members of the local First Responder Group which has been running within the village for approximately six years, and whose members respond to emergency calls within the village on behalf of the East of England Ambulance Service.

How it Works

Members of local organisations or individuals can contact the scheme co-ordinator and book a place on a course. These courses explain the purpose of the Heartstart training and deal with situations such as the unconscious casualty, choking casualty, non-breathing casualty, and what to do for severe bleeding. Courses last for about four hours either as a whole or in equal session, it cost nothing to attend although a donation towards the scheme equipment would be much appreciated.

For further information please contact:

Dawn Cook – 01359 233223

Peter Robinson – 01359 232938

Andy Sprake – 01359 270259

It is not difficult to help save a life

If they are **not** breathing:

Call 999 - then push hard and fast