

KSSX

AIR AMBULANCE CHARITY
KENT SURREY SUSSEX



Did you know?



80%
of cardiac arrests
happen at home

and only

1 in 10
survive



If you had the chance to save a loved one's life, would you know what to do?

Learning **CPR** and how to use a **defibrillator** could save your loved one's life when **every second counts**.

Sign up now to learn these lifesaving skills. It's in your hands.

aakss.org.uk/restart



*Figures: Resus Council UK and SECAmb Annual Cardiac Arrest Report April 2022-March 2023



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At KSS we want more people to survive, but we need your help

This **Restart a Heart Day** our expert crew will train you in just 30-minutes in how to do CPR and use a defibrillator. We have **free** online live-stream sessions, pre-recorded sessions (to use at a time that suits you) and in-person events **tailored to every age group**.

Tuesday 15 October 2024

Host your own Coffee, Cake and CPR
For businesses, community groups and individuals. Tune in at 10.30am or pre-recorded session are available.

Wednesday 16 October 2024

Online live-stream sessions

Primary Schools 9.30am & 1.30pm
Secondary Schools 12pm & 2.15pm
Parent and Child (Primary) 5pm
Parent and Child (Secondary) 6.45pm
Girlguides 6pm & 7.30pm
Youth Groups (Pre-recorded sessions)

Friday 18 October 2024

Learn in-person with our crew

Orchards Shopping Centre,
Haywards Heath 10.30am-4.30pm

Saturday 19 October 2024

Learn in-person with our crew

Cobham Services, M25, Surrey
11am-5pm

Sunday 20 October 2024

Learn in-person with our crew

Bluewater Shopping Centre, Kent
11am-5pm

For more information and updated timings check our website.

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Registered Charity No. 1021367

