

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**.

We need you to be a lifesaver too.
It's in your hands.

aakss.org.uk/restart



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



AIR AMBULANCE CHARITY
KENT SURREY SUSSEX



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 how to do CPR and use a defibrillator with our **free** online live-streaming and pre-recorded sessions, and in-person events **tailored to every age group**.

Tuesday 15 October

Host your own Coffee, Cake and CPR for businesses, community groups and individuals. Take part in live-stream or pre-recorded sessions (timings tbc)

Wednesday 16 October

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

Learn in person with our crew

**Orchards Shopping Centre,
Haywards Heath** (timings tbc)

Saturday 19 October

Learn in person with our crew

Cobham Services, M25, Surrey
(timings tbc)

Sunday 20 October

Learn in person with our crew

Bluewater Shopping Centre, Kent
11am-5pm

More times and events to be confirmed. Check our website for latest details.

Sign-up now, it's in your hands



aakss.org.uk/restart

Registered Charity No. 1021367

