



HEARTSTART NEWSLETTER

August 2023





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Welcome to the August edition of our Heartstart newsletter. We hope that you have been enjoying the summer months - we can report that we have been extremely busy rolling out Heartstart courses to school pupils and members of the community over all regions.



May and June were exceptionally busy months in schools for Heartstart training. So, during the school term holidays, when we are a little quieter, we are aiming to prune and organise our records, administration and procedures. This is a bit of a late spring clean to our administration system but will set us up well for autumn and the start of a new school term.



There were some changes made to our handbook and policies and as such we initialized refresher training to our volunteers and this continues to be rolled out.

REFRESHER TRAINING

Many of you have received refresher training but we still await some responses for take up of training slots from those of you that were emailed regarding this. *It is important that you receive this refresher training as policies have changed since we moved to Save a Life for Scotland and the ongoing training is also required for insurance purposes.* Please contact us with dates/times you are available and we will accommodate slots as best we can.



HEARTSTART EVALUATION 2023

As you know, we were awaiting approximately 19% of volunteers to reply to our evaluation. We are happy to say that all volunteer instructors have now responded to the survey and we have an accurate picture of the demographics. We said goodbye to some volunteers who, for various reasons, could no longer give their time and effort to Heartstart and we extended our sincere thanks for their support over the years.



During July we posted out appreciation/recognition cards, together with a badge, to our volunteer instructors who have been instrumental in training for over a year. This was a small thank you to remind all our volunteers that we appreciate the work that they do.



NEW VOLUNTEERS

Since our last issue we have processed over 20 new applications for aspiring Heartstart volunteer instructors, who are enthusiastic to be part of the project and team. Seven of the volunteers have now been trained, and as at the beginning of August, we have now received a further list of prospective volunteers.

Waiting on Training – 6

Waiting for Application Forms to be sent/completed - 17

If you know of anyone who may be interested in becoming a volunteer instructor please pass them our details so that we can organise the application process. Contact details as follows;

Angela.McNeil@ggc.scot.nhs.uk TEL-0141 314 4330

Joan.Milroy@ggc.scot.nhs.uk TEL – 0141 314 4360



NUMBERS TRAINED

The total numbers trained (to 30 June 2023) were sent to Save a Life for Scotland (SALFS) – this total was recorded at **9,491** – this is an excellent total and we extend a big THANK YOU for all your input.

We would like to keep on track of our performance by way of a new form – this will provide numbers of those trained at the end of each month, including details of venues and the names of the instructors involved and allow us to provide necessary feedback to SALFS.

The forms will be available for co-ordinators to use, they should be completed on a monthly basis (even if the recorded total is zero) and emailed back to Angela or Joan.

The forms will take the following format.

TRAINING NUMBERS FROM JULY 2023

Date	Venue	Heartstart	Numbers trained in CPR/AED only	Instructors delivering training	Notes



OTHER MATTERS OF INTEREST

Heartstart Bute received a generous donation from the Co-operative and decided to put some of the money towards two defibrillators for the community – please see photos below which Margaret Kilpatrick has kindly sent in. One at St John's 292 and the other at Rothesay Fire Station. Great work! Thanks for the photos Margaret.

St John's 292

&

Rothesay Fire Station



Heartstart Lomond Rotary Club also received a kind donation from Miller Homes which was used to help with replacing electrode pads and batteries for PADs in the community. Well done to everyone at Lomond Rotary Club! Thanks for the lovely photo sent in by Sheenah Nelson.

Heartstart Instructors collaborating with Miller Homes





MESSAGE FROM OUR CHAIRMAN

“As part of my clinical role I am often tasked to pre-hospital cardiac arrests where often the outcome can be poor. It never ceases to amaze me the benefit of good quality CPR and early access to an AED and how this can make a significant difference! I have been involved in quite a few cases recently where the patient survived, not because of what the critical care team brought to the situation but what the by-standers were able to do. Having these skills is invaluable in being able to support and help our communities. Thank you, your input is making a difference.”

Dr David Stoddart
Heartstart Chairman/Medical Director
Projects in Argyll & Clyde

LIST OF COMMUNITY GROUPS

<i>Group</i>	<i>Co-ordinator</i>
Bute	Margaret Kilpatrick
Cowal	TBC
First Responders Neilston	TBC
Gigha	Morven Beagan
Howwood and Lochwinnoch	Morag Thow
Inverclyde	Glen Miller
Islay	Joe Hughes
Kintyre	Mark Wasson
Levern Valley	Jean Hepburn
Lomond Rotary Club	Sheenah Nelson
Medical Students	TBC
Oban	Frances Parkinson
Tarbert	Cathanna Smith
Tiree	Alison Colthart and William MacKinnon



NEXT NEWSLETTER – DECEMBER 2023

If you would like to submit any suggestions for the next newsletter please contact the team with your ideas/thoughts.

You can make contact here:-

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