

Simple skills save lives

A TRIO of Surrey mums who were instrumental in saving a man's life before Christmas are supporting the annual CPR training day at, St Peter's School in Farnham, today (Friday).

St Peter's is currently the only school in Surrey that provides yearly training for years five and six in what to do in an emergency, including calling for an ambulance and performing CPR.

The course, organised by Heartstart Farnham Lions, teaches the children about the chain of survival, early recognition and call for

help, early CPR and early defibrillation.

The day will be more poignant for the six children whose mothers Carly Redwood, Tamsin Cowman and Katie Blizzard used these skills recently, in a real life-and-death emergency. Brian Younger was walking past Farnham Leisure Centre in early December when he suffered a cardiac arrest. Without immediate attention, he would most certainly have died.

Since the incident, Tamsin has spoken about

how vital it is that as many people as possible know CPR, and are familiar with what a defibrillator is. "I will do whatever I can to help, the more we can get the message out there the better."

All three have been asked by headteacher Sarah Dunning to attend a special school assembly led by ambulance technician Peter Glover who will address the children on how vital it is to learn life-saving skills.

He said: "What Tamsin and the others at the scene did demonstrates perfectly

how the chain of survival works. It is everything we are trying to teach. I'm delighted to be going back in to teach at St Peter's and it's incredible that the ladies involved in this incident are all linked with a school that supports this message so strongly. Simple skills really do save lives."

Anyone interested in learning CPR for free in Farnham can contact Keith at Heartstart Farnham Lions on 01252 723319 or email heartstartfarnham-lions@hotmail.co.uk.