

Heartstart West Worcestershire

Introduction

A cardiac arrest is a life-threatening emergency where a person's heart is unable to pump blood around their body. There are over 30,000 out of hospital cardiac arrests in the United Kingdom every year. The survival rate is extremely low with less than 1 in 10 people surviving. This could be quadrupled if more people knew how to do cardio-pulmonary resuscitation (CPR) and had immediate access to a defibrillator. With approximately 80% of all cardiac arrests happening at home, it is vital that everyone learns how to do CPR and has access to a defibrillator.

Heartstart West Worcestershire

Heartstart West Worcestershire is a new project funded by Malvern Hills District Council and coordinated by Community Action Malvern and District. The project will see the formation of at least five community resuscitation schemes run entirely by volunteers. The overall aim of the project is to increase the chance of surviving a cardiac arrest in the Malvern Hills area by:

- Making CPR and defibrillator training available free of charge to individuals, community groups, schools and local businesses
- Increasing the number of public access defibrillators available in the local community

The project is based on the highly successful Heartstart Malvern model which has now trained over 7,000 people and has installed 36 public access defibrillators.

Training

Training sessions will normally last for about 90 minutes. Sessions are very practical, and no previous knowledge is needed. During the training session, participants will learn how to:

- Assess an unconscious patient
- Perform cardiopulmonary resuscitation (CPR)
- Use a defibrillator
- Recognise and treat a heart attack

Locations

The first five community resuscitation schemes are likely to be based in the following Wards:

- Kempsey (launch October 2025)
- Tenbury (launch October 2025)
- Martley (launch February 2026)

- Great Witley (launch February 2026)
- Longdon (launch February 2026)

Each of the community resuscitation schemes will be encouraged to offer training and to support the installation of defibrillators in neighbouring Wards. Heartstart Malvern will continue to offer training in Malvern and the surrounding villages.

Support provided to each Community Resuscitation Scheme

Each Community Resuscitation Scheme will receive the following support from Heartstart West Worcestershire:

- scoping and planning their scheme
- recruitment of volunteer trainers
- training volunteer trainers
- mentoring and coaching of trainers for approximately 6 months
- training manikins and defibrillators
- training consumables (e.g. certificates and manikin wipes)
- advice and support for installing and maintaining defibrillators
- insurance

Further Information

For more information about Heartstart West Worcestershire, please contact:

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