

SAVING LONDONERS LIVES

NEWSLETTER Summer Term 2012

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Newsflash! For all enquiries please use our new email address above. Our new administrator Estelle will be happy to help with any queries you may have. Please come and visit us on Facebook at [Saving Londoners' Lives](#) and get important daily updates from our [@Saving Londoners](#) Twitter feed.



Well Done!



Well done to [Leesons Primary School](#) who listed and taught the most ELS sessions for the Summer Term. They will be the first to receive an exciting prize which we are awarding to the school teaching the most ELS lessons (they must be listed on the calendar of our website to count). There will be a different prize each half-term in recognition of such brilliant work teaching important lifesaving skills. Good Luck!

Refresher / New Teacher Training – available training dates July to October 2012

If it has been over a year since you attended your full instructor training session, then you need to book your staff to attend a quick **2 hour refresher course**. This will take place **at your school** and is **free** of charge. Alternatively, if you have any new teachers who plan to teach/deliver the ELS course to pupils, then you need to arrange a full 6 hour instructor training session to take place at your school (which again is **free**). Please see the following available training dates:

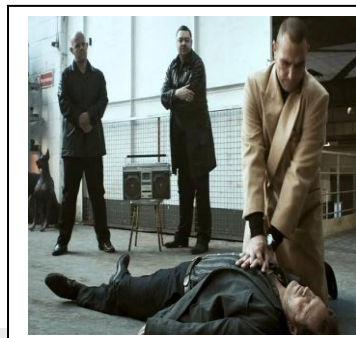
July: 13th, 12th, 13th, 16th, 18th, 19th, 20th
September: 6th, 7th, 10th, 11th, 12th, 14th, 17th, 18th, 19th, 24th, 25th, 26th, 27th
October: 1st, 2nd, 4th, 8th, 9th, 10th, 11th, 12th, 15th, 16th, 17th, 18th, 19th, 22nd, 23rd, 24th, 25th, 26th

SLL Annual Report 2011

Please take a moment to read our 2011 report. The annual report can be found in the 'News' section of the SLL website www.savinglondonerslives.org.uk

[Kelmscott](#) in Waltham Forest, one of our schools, featured on London Tonight on May 23rd showing the ELS skills being taught to pupils and supported by three of our medical students. The Premier League footballer [Fabrice Muamba](#) was a student of Kelmscott and as you may have seen, from his dramatic collapse during a match suffering a cardiac arrest, emergency lifesaving skills are vital in keeping the patient stable before transport to hospital. This kind of incident can happen to anyone, anywhere. Please keep up with your instructor training and keep listing the classes you plan to teach on our website so that we can all ensure that there will always be someone ready, willing and able to step in and save a life.

All affiliated schools should have now received new resuscitation guidelines from Heartstart. The **new regulations** concern the speed and depth of compressions. The highly successful [Hard and Fast campaign featuring Vinnie Jones](#) highlights compression only CPR. Using rescue breaths as taught in Heartstart is still the best practice combined with compressions. Please continue to teach both lessons and refer to these new guidelines when planning your lessons and remind your classes of the easy to remember rules.



Stats

- In the UK someone has a heart attack every 2 minutes
- Every year 6000 Londoners die from cardiac arrest before they reach hospital
- Bystander CPR can double the chances of survival
- 70% of cardiac arrests happen in the community
- The survival rate of those who suffer cardiac arrest outside of hospital in **London is 23%**.